

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Roasted Turkey Breast Poultry Gravy Lentil Vegetable Pilaf Broccoli Florets Whole Wheat Roll Fresh Orange Margarine	2 Whole Grain Shrimp Jambalaya Corn Casserole Green Beans Multi-Grain Bread Diced Pears Nutty Buddy Bar Margarine	2 Chicken Thigh Meat Romesco Sauce Whole Grain Penne Pasta Sliced Carrots Cucumber Tomato Salad Mixed Fruit	4 Sweet & Sour Meatballs Brown Rice Mixed Vegetables Pineapple Tidbits
5 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend *Whole Grain Biscuit in Entrée Applesauce	6 Sloppy Joe Whole Kernel Corn Coleslaw Whole Grain Hamburger Bun Diced Pears	7 Lentil Soup Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Organic Rainbow Carrot Salad with Lemon Dijon Vinaigrette Mixed Fruit	8 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Capri Vegetable Blend Whole Wheat Roll Fresh Orange Margarine	9 Shrimp Etouffee Brown Rice Black-eyed Peas Whole Kernel Corn Diced Pears Chocolate Chip Cookie	10 Apple Cranberry Pork Lentil Vegetable Pilaf Green Beans Whole Wheat Roll Applesauce Margarine	11 General Tso's Chicken Brown Rice Sliced Carrots Broccoli Florets Pineapple Tidbits
12 Pork Parmesan  White Beans with Arugula Mixed Vegetables Whole Wheat Roll Strawberry Applesauce Margarine	13 Swedish Meatballs Whole Grain Egg Noodles California Vegetable Blend Whole Wheat Bread Mixed Fruit Margarine	14 Beef & Turkey Taco Salad* <i>*Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce</i> Whole Grain Baked Tortilla Chips Fresh Orange Taco Sauce Ranch Salad Dressing	15 Chicken Lemon Scarpariello Oven Roasted Diced Potatoes Brussels Sprouts Whole Wheat Roll Diced Pears Margarine	16 Potato Crusted Pollock Wild Rice Glazed Carrots Whole Wheat Bread Whole Grain Mixed Fruit Crisp Margarine Tartar Sauce Lemon Juice	17 Pork Stir Fry Whole Grain Spaghetti Edamame Stir Fry Vegetable Blend Pineapple Tidbits Fortune Cookie	18 Salisbury Steak with Gravy Whipped Potatoes Broccoli Florets Whole Wheat Roll Applesauce Margarine
19 ~ Martin Luther King, Jr. Day ~ BBQ Chicken Drumsticks Whole Grain Macaroni & Cheese Seasoned Collard Greens Pineapple Tidbits	20 Meatballs Mediterranean Puttanesca Sauce Whole Grain Egg Rotini Green Peas Sliced Carrots Mixed Fruit	21 Corn Chowder Tuna Salad Cucumber Tomato Salad Whole Grain Hamburger Bun Strawberry Applesauce	22 Pork Carnitas Pinto Beans Fiesta Vegetable Blend Whole Wheat Tortilla Diced Pears Taco Sauce	23 Mini Crab Cakes  Whole Grain Scampi Pasta Broccoli Florets Pineapple Tidbits Multi-Grain Bread Carnival Cookie Margarine	24 Turkey Breast with Gravy Whipped Potatoes Green Beans Whole Wheat Roll Fresh Orange Margarine	25 Pork Fried Brown Rice Sliced Carrots Stir Fry Vegetable Blend Raisins
26 Whole Grain Turkey Tetrazzini Broccoli Florets Strawberry Applesauce	27 Pork Chile Verde Cilantro Lime Brown Rice Sliced Carrots Whole Grain Corn Muffin Fresh Orange	28 Asian Chicken Noodle Salad* <i>*Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing</i> Diced Pears Balsamic Vinaigrette	29 Hamburger Patty Lettuce & Tomato Ranch Beans Whole Grain Hamburger Bun Tropical Fruit Ketchup Mustard	30 Salmon Patty with Dill Sauce Brown Rice Florentine California Vegetable Blend Whole Wheat Roll Whole Grain Mixed Fruit Crisp Lemon Juice Margarine	31 WG Bean & Cheese Burrito Enchilada Sauce Fiesta Corn Green Beans Applesauce	

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, wheat.

Menu Subject to Change

This project is supported by Older American's Act funds by the county of

San Diego Health & Human Services Agency, Aging & Independence Services.

Suggested contribution is \$2.50 per meal.

No eligible person shall be denied a meal because of failure or inability to contribute.