



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1</b> <b>Burrito Bowl*</b> <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Romaine Lettuce, and Tomato</i> Diced Pears Peanut Butter Cookie Taco Sauce	<b>2</b> Vegetarian Fried Rice Garden Vegetable Blend Tropical Fruit	<b>3</b> Pork with Mornay Sauce Whole Grain Pasta Primavera Mixed Vegetables Mixed Fruit
<b>4</b> Roast Beef with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Diced Pears	<b>5 ~Cinco de Mayo~</b> WG Bean & Cheese Burrito Enchilada Sauce Fiesta Corn Green Beans Raisins	<b>6</b> White Bean Soup Whole Grain Krab Mac Salad Black-eyed Pea Salad Fresh Orange	<b>7</b> BBQ Pork Rib Patty Collard Greens Whole Grain Hamburger Bun Warm Spiced Apples	<b>8 ~Mother's Day Meal~</b> Salisbury Steak with Gravy Whole Grain Macaroni & Cheese Broccoli Florets Multi-Grain Bread Pineapple Tidbits Strawberry Shortcake Cookie	<b>9</b> Chicken with Peri Peri Sauce Cilantro Lime Brown Rice Mixed Vegetables Raisins	<b>10</b> Meatballs w/Mushroom Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Bread Tropical Fruit
<b>11</b> Swedish Meatballs Whole Grain Rotini Pasta Broccoli Florets Fresh Orange	<b>12</b> Chicken and Biscuit* Whipped Potatoes California Vegetable Blend *Whole Grain Biscuit in Entrée Applesauce	<b>13</b> Lentil Soup <b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Organic Rainbow Carrot Salad w/Lemon Dijon Vinaigrette Diced Peaches	<b>14</b> Sloppy Joe Whole Kernel Corn German Coleslaw Whole Wheat Hamburger Bun Raisins	<b>15</b> Potato Crusted Pollock Black-eyed Peas Glazed Carrots Whole Wheat Roll Pineapple Tidbits Chocolate Chip Cookie	<b>16</b> Szechuan Pork Brown Rice Mixed Vegetables Mandarin Oranges	<b>17</b> BBQ Chicken Drumsticks Whole Grain Macaroni & Cheese Collard Greens Mixed Fruit
<b>18</b> Salisbury Steak with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Bread Mandarin Oranges	<b>19</b> Pork w/Ginger Scallion Sauce Mixed Vegetables Whole Wheat Roll Tropical Fruit	<b>20</b> <b>Beef &amp; Turkey Taco Salad*</b> <i>*Ground Turkey &amp; Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce</i> Whole Grain Baked Tortilla Chips Fresh Orange Taco Sauce Ranch Salad Dressing	<b>21</b> Apple Cranberry Chicken Whole Wheat Couscous Brussels Sprouts Applesauce	<b>22 ~Memorial Day Meal~</b> Hamburger Patty Lettuce & Tomato Ranch Beans Whole Grain Hamburger Bun Whole Grain Mixed Fruit Crisp	<b>23</b> Curry Chicken Brown Rice Garden Vegetable Blend Diced Pears	<b>24</b> Pork Parmesan Whole Grain Spaghetti White Beans with Arugula Green Peas Pineapple Tidbits
<b>25</b> BBQ Chicken Breast Whole Grain Macaroni & Cheese Collard Greens Applesauce	<b>26</b> Turkey Divan Brown Rice Glazed Carrots Mixed Fruit	<b>27</b> Garden Vegetable Soup Lemon Pepper Tuna Salad Cucumber Tomato Salad Whole Grain Hamburger Bun Fresh Orange	<b>28</b> Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Raisins	<b>29</b> Meatballs & Spaghetti Sauce Whole Grain Spaghetti Green Beans Multi-Grain Bread Pineapple Tidbits Double Chocolate Chip Cookie	<b>30</b> Roasted Turkey Breast w/Gravy Green Peas Sliced Carrots Whole Wheat Roll Fresh Orange	<b>31</b> Hungarian Pork Brown Rice Mixed Vegetables Diced Pears

**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.