





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Fresh Orange	2 Cheese Omelet Creamed Spinach Multi-Grain Bread Applesauce Jelly	3 Turkey Sausage Patties Hash Brown Patty Whole Grain Waffles Diced Peaches Syrup
5 Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Fresh Orange	6 Scrambled Eggs Fajita Vegetable Blend O'Brien Potatoes Cheerios Raisins	7 Hard Boiled Eggs WG Blueberry Muffin Tropical Fruit Tomato Juice	8 Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Mandarin Oranges	9 Turkey Ham Roasted Sweet Potatoes Whole Grain Waffles Mixed Fruit Margarine & Syrup	10 Cheese Omelet Garlic Spinach Multi-Grain Bread Diced Peaches Margarine & Jelly
12 Hard Boiled Eggs Chick Pea Salad Whole Wheat Bread Diced Peaches Jelly	13 Cheese Omelet Garlic Spinach Whole Wheat Bread Mixed Fruit Margarine	14 Turkey Sausage Links Roasted Diced Potatoes Whole Grain Waffles Fresh Orange Margarine & Syrup	15 Mushroom Scramble Fiesta Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine & Jelly	16 Refried Beans Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches	17 Turkey Ham Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Tropical Fruit
19 Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mixed Fruit	20 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Fresh Orange Jelly	21 Turkey Sausage Patties Roasted Sweet Potatoes WW English Muffin Diced Pears Margarine & Jelly	22 Spinach/Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Tropical Fruit Margarine & Jelly	23 Hard Boiled Eggs WG Blueberry Muffin Raisins Tomato Juice	24 Hash Brown Patty Whole Grain Pancakes Pineapple Tidbits Syrup
26 Mexican Scrambled Eggs Black Beans WW English Muffin Fresh Orange Margarine & Jelly	27 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Syrup	28 Hard Boiled Eggs WW English Muffin Raisins Tomato Juice Margarine & Jelly	29 Scrambled Eggs Club Spinach WG Blueberry Muffin Mixed Fruit	30 WG Breakfast Burrito O'Brien Potatoes Raisins Milk Taco Sauce	31 Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Fajita Vegetables WW English Muffin Diced Peaches Margarine & Jelly

**MENU NOTES**

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

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