



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Meatloaf with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Raisins Margarine	2 BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Diced Pears Oatmeal Raisin Cookie	3 Vegetarian Fried Rice* <i>*Brown Rice in Entrée</i> Green Beans Tropical Fruit	4 Pork with Mornay Sauce WG Pasta Primavera Mixed Vegetables Pineapple Tidbits
5 ~Cinco de Mayo~ WG Bean & Cheese Burrito Enchilada Sauce Fiesta Corn Diced Pears Cinnamon Sugar Churro	6 Baked Chicken Leg Quarter Bruschetta Sauce Whole Grain Rotini Pasta Collard Greens Fresh Apple	7 Minestrone Soup WG Krab Mac Salad Black-eyed Pea Salad Fresh Orange	8 BBQ Pork Rib Patty Corn O'Brien WW Hamburger Bun Hot Spiced Apples	9 Swedish Meatballs Whole Grain Rotini Pasta Capri Vegetable Blend Fresh Orange	10 Vegetarian Bean Chili Brown Rice Broccoli Florets Pineapple Tidbits	11 Meatballs w/Mushroom Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Bread Tropical Fruit Margarine
12 ~Mother's Day Holiday Meal~ Chicken Alfredo Whole Grain Rotini Pasta Mixed Vegetables Raisins Strawberry Shortcake Cookie	13 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend *WG Biscuit in Entrée Fresh Apple	14 Lentil Soup Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Organic Carrot Salad with Lemon Dijon Vinaigrette Pineapple Tidbits	15 Sloppy Joe Whole Kernel Corn Coleslaw WW Hamburger Bun Raisins	16 Potato Crusted Pollock Confetti Brown Rice Black-eyed Peas Pineapple Tidbits Chocolate Chip Cookie Tartar Sauce Lemon Juice Packet	17 Szechuan Pork Brown Rice Broccoli Florets Mandarin Oranges	18 BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Diced Pears
19 Salisbury Steak with Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Mandarin Oranges Margarine	20 Pork w/Ginger Scallion Sauce Country Vegetable Blend Whole Wheat Roll Tropical Fruit Margarine	21 Beef & Turkey Taco Salad* <i>*Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce</i> Whole Wheat Tortilla Fresh Orange Taco Sauce Ranch Salad Dressing	22 Baked Chicken Leg Quarter with Cranberry Dijon Sauce Seasoned Penne Pasta Brussels Sprouts Fresh Apple	23 BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Fresh Apple	24 Curry Chicken Brown Rice Garden Vegetable Blend Diced Pears	25 Pork Parmesan White Beans w/Arugula Whole Wheat Bread Tropical Fruit
26 ~Memorial Day Holiday Meal~ Krab Cake Lentil Vegetable Pilaf Green Beans Mixed Fruit WG Oatmeal Apple Bar Lemon Juice Packet	27 Turkey Divan Brown Rice Glazed Carrots Diced Pears	28 Garden Vegetable Soup Tuna Salad Cucumber Tomato Salad Multi-Grain Bread (2 slices) Fresh Orange	29 Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Whole Wheat Tortilla Applesauce	30 Meatballs & Marinara Sauce Whole Grain Spaghetti Broccoli Florets Pineapple Tidbits Lorna Doone Cookies	31 Turkey Breast with Gravy Cornbread Dressing Green Peas Whole Wheat Roll Fresh Orange Margarine	

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.

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