




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ Turkey Ham Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Pineapple Tidbits
³ Scrambled Eggs O'Brien Potatoes Oatmeal Fresh Apple	⁴ Hard Boiled Eggs Chick Pea Salad Whole Grain Blueberry Muffin Diced Peaches	⁵ Crustless Spinach Mushroom Quiche Potato Wedges Whole Wheat Bread Fresh Orange Margarine Jelly Ketchup	⁶ Country Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Diced Pears	⁷ Egg White Frittata Fiesta Vegetable Blend Whole Grain Biscuit Mixed Fruit Jelly	⁸ Turkey Sausage Links Egg Patty Fajita Vegetable Blend WW English Muffin Pineapple Tidbits Margarine Jelly
¹⁰ Cheesy Scrambled Eggs Oven Roasted Diced Potatoes Cheerios Diced Peaches	¹¹ Hard Boiled Eggs Chick Pea Salad Whole Grain Blueberry Muffin Mixed Fruit	¹² Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Fresh Apple	¹³ Egg Patty Turkey Sausage Patty Roasted Sweet Potatoes Whole Grain Biscuit Fresh Orange Jelly	¹⁴ Cheese Omelet Creamed Spinach Multi-Grain Bread Diced Pears Jelly	¹⁵ Turkey Sausage Patties Hash Brown Patty Whole Grain Waffles Diced Peaches Syrup
¹⁷ Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Fresh Orange	¹⁸ Crustless Spinach Mushroom Quiche O'Brien Potatoes Oatmeal Raisins	¹⁹ Hard Boiled Eggs Whole Wheat English Muffin Pineapple Tidbits Tomato Juice Margarine Jelly	²⁰ Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Diced Peaches	²¹ Turkey Ham Roasted Sweet Potatoes Whole Grain Waffles Pineapple Tidbits Margarine Syrup	²² Cheese Omelet Garlic Spinach Multi-Grain Bread Mixed Fruit Margarine Jelly
²⁴ Turkey Sausage Links  Hash Brown Patty Whole Grain Pancakes Mixed Fruit Syrup	²⁵ Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Fresh Orange Jelly	²⁶ Turkey Sausage Patties Roasted Sweet Potatoes Whole Wheat English Muffin Diced Pears Jelly	²⁷ Crustless Spinach Mushroom Quiche O'Brien Potatoes Whole Wheat Bread Diced Peaches Margarine Jelly	²⁸ Hard Boiled Eggs WG Blueberry Muffin Fresh Apple Tomato Juice	

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥ 1000 mg

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

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. **Menu subject to change.