



Gary and Mary West Senior Wellness Center

Lunch: Mon-Fri, 11 a.m., 12:15 p.m., 1:15 p.m./ Sat-Sun, 11 a.m., 12:15 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			Baked Chicken Breast Lemon Scarpriello Sauce Whole Grain Rotini Lima Beans California Vegetable Blend Fresh Apple	Hamburger Patty Lettuce & Tomato (1 cup) Tater Tots Whole Wheat Hamburger Bun Whole Grain Mixed Fruit Crisp Ketchup & Mustard	Apricot Mustard Chicken Confetti Brown Rice Broccoli Florets Sliced Carrots Pineapple Tidbits	WG Shrimp Jambalaya Whole Kernel Corn Steamed Cabbage Whole Wheat Roll Fresh Orange Margarine
5	6	7	8	9	10	11
Potato Crusted Pollock Garlic Parmesan Brown Rice Green Peas Sliced Carrots Mixed Fruit Tartar Sauce & Lemon Juice	Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans Calabacitas Raisins	Asian Chicken Noodle Salad* <i>*Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing</i> Mandarin Oranges Balsamic Vinaigrette	Turkey Chili Broccoli Florets Italian Vegetables Whole Wheat Roll Fresh Orange Margarine	Sloppy Joe Baked Beans Sliced Carrots Whole Grain Hamburger Bun Diced Pears Nutty Buddy Bar Ketchup, Mustard, & Mayo	Chicken Thigh Meat Romesco Sauce Whole Grain Penne Pasta Green Beans Creole Cucumber Salad Mixed Fruit	Sweet & Sour Meatballs Brown Rice Mixed Vegetables Pineapple Tidbits
12	13	14	15	16	17	18
Chicken Breast Meat Apricot Mustard Sauce Delmonico Potatoes California Vegetable Blend Whole Wheat Roll Diced Peaches Margarine	New! Beef Japanese Curry Brown Rice Cauliflower Green Beans w/Red Peppers Diced Pears	Lentil Soup Sliced Turkey Breast Provolone Cheese Lettuce & Tomato Broccoli Raisin Salad Multi-Grain Bread Pineapple Tidbits Mustard	Chicken Drumsticks BBQ Sauce Whole Grain Macaroni & Cheese Collard Greens Mixed Fruit	Diced Pork Caramelized Balsamic Onion Jam Green Peas Glazed Carrots Whole Wheat Roll Diced Pears Carnival Cookie Margarine	Chicken Fajitas Black Beans Cilantro Lime Coleslaw Whole Wheat Tortilla Diced Peaches Taco Sauce	Swiss Steak Brown Rice Corn with Bell Peppers Green Beans Amandine Fresh Orange
19	20	21	22	23	24	25
Chicken Breast Meat Mediterranean Sauce Whole Grain Rotini Pasta Green Beans Mixed Fruit	Pork Chile Verde Pinto Beans Corn O'Brien Whole Wheat Tortilla Diced Pears Taco Sauce	New! BBQ Chicken Salad Shredded Cheddar Cheese Whole Wheat Roll Tropical Fruit Margarine Ranch Dressing	Potato Crusted Pollock Dirty Brown Rice Mixed Vegetables Coleslaw Strawberry Applesauce Tartar Sauce & Lemon Juice	Swedish Meatballs Whole Grain Penne Pasta Broccoli Florets Cauliflower Fresh Orange Oatmeal Raisin Cookie	Meatloaf Brown Gravy Garlic Whipped Potatoes Glazed Carrots Whole Wheat Roll Mixed Fruit Margarine	BBQ Pork Rib Patty BBQ Sauce Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Applesauce
26	27	28	29	30	31	
Diced Pork Dijonnaise Sauce Brown Rice Green Peas Sliced Carrots Diced Pears	New! Chicken Tinga Cilantro Lime Brown Rice Fiesta Vegetables Honey Lime Corn Salad Mixed Fruit	Cream of Tomato Soup* Tuna Salad Cucumber Salad Carrot Raisin Salad Whole Grain Hamburger Bun Pineapple Tidbits	Turkey Spaghetti Sauce Whole Grain Spaghetti Broccoli Florets Cauliflower Raisins	Halloween Special Fish Taco (Cod) Cilantro Lime Brown Rice Black Beans Cilantro Coleslaw Whole Wheat Tortilla Pineapple Tidbits Taco Sauce	Chicken Thigh Meat Alfredo Sauce Whole Grain Penne Pasta Sliced Carrots Brussels Sprouts Raisins	

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.