



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