


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Turkey Ham Roasted Sweet Potatoes WG Blueberry Muffin Pineapple Tidbits Margarine	2 Omelet Creamed Spinach Multi-Grain Bread Diced Peaches Margarine & Jelly
4 Hard Boiled Eggs Black Bean Salad WG Banana Muffin Fresh Orange	5 Omelet Garlic Spinach WW English Muffin Diced Pears Margarine & Jelly	6 Turkey Sausage Links Roasted Diced Potatoes Whole Grain Waffles Pineapple Tidbits Margarine & Syrup	7 WG Breakfast Burrito Sweet Potato Wedges Applesauce	8 Black Beans Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches	9 Turkey Ham Sliced Swiss Cheese Roasted Sweet Potatoes WW English Muffin Tropical Fruit
11 Egg Patties Fajita Vegetable Blend Whole Grain Waffles Raisins Syrup	12 Chile Relleno Breakfast Casserole Black Beans Whole Grain Corn Muffin Mandarin Oranges	13 Turkey Sausage Patties Roasted Sweet Potatoes WW English Muffin Diced Pears Margarine & Jelly	14 Spinach Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Fresh Apple Margarine & Jelly	15 Hard Boiled Eggs WG Blueberry Muffin Raisins Tomato Juice	16 Turkey Sausage Links Roasted Diced Potatoes Whole Grain Pancakes Pineapple Tidbits Syrup
18 Mexican Scrambled Eggs Black Beans WW English Muffin Fresh Orange Margarine & Jelly	19 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Syrup	20 Hard Boiled Eggs WW English Muffin Raisins Tomato Juice Margarine & Jelly	21 Egg White Frittata Creamed Spinach WG Blueberry Muffin Mixed Fruit	22 WG Breakfast Burrito O'Brien Potatoes Raisins Taco Sauce	23 Egg Patty Turkey Sausage Patty Fiesta Vegetable Blend WW English Muffin Diced Pears Peanut Butter
25 Egg Patty Turkey Sausage Patty Roasted Diced Potatoes WW English Muffin Tropical Fruit Jelly	26 Hard Boiled Eggs Black Bean Salad WG Blueberry Muffin Fresh Orange	27 Country Sausage Gravy Whole Grain Biscuit Sweet Potatoes Wedges Pineapple Tidbits	28 Spinach Mushroom Scramble Potato Wedges Multi-Grain Bread Diced Pears Ketchup & Jelly	29 Egg White Frittata Fiesta Vegetable Blend WG Banana Muffin Fresh Apple	30 Turkey Sausage Links Egg Patty Fajita Vegetable Blend WW English Muffin Tropical Fruit Margarine & Jelly

**MENU NOTES**

All meals include 8oz of

 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.