



SERVING SENIORS LUNCH MENU JANUARY 2025
 Gary and Mary West Senior Wellness Center

Lunch: Mon-Fri, 11-12 p.m., 12:15-1 p.m., 1:15-1:45 p.m./ Sat-Sun, 11-12 p.m., 12:15-1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Garden Vegetable Soup Tuna Salad Cucumber Salad WW Hamburger Bun Pineapple Tidbits	2 Chickpea Tikka Masala Coconut Brown Rice Broccoli Florets Diced Peaches	3 Hamburger Patty Lettuce & Tomato Tater Tots WW Hamburger Bun WG Mixed Fruit Crisp Ketchup Mayonnaise Mustard	4 Chicken Alfredo Whole Grain Penne Pasta Brussels Sprouts Raisins	5 Salisbury Steak with Gravy Brown Rice Florentine Glazed Carrots Mixed Fruit
6 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend *WG Biscuit in Entrée Fresh Apple	7 Sloppy Joe Whole Kernel Corn Coleslaw WW Hamburger Bun Diced Peaches	8 Lentil Soup Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Organic Carrot Salad with Lemon Dijon Vinaigrette Mixed Fruit	9 Swedish Meatballs Whole Grain Pasta Capri Vegetable Blend Fresh Orange	10 WG Shrimp Jambalaya Black-eyed Peas Diced Peas Chocolate Chip Cookie	11 General Tso's Chicken Brown Rice Broccoli Florets Applesauce	12 Apple Cider Mustard Glazed Chicken Corn Casserole Whole Wheat Roll Pineapple Tidbits Margarine
13 Pork Parmesan White Beans with Arugula Whole Grain Breadstick Strawberry Applesauce Margarine	14 Salmon Patty Dill Sauce Wild Rice Green Peas Diced Peaches	15 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	16 Cranberry Orange Chicken Whole Grain Pasta Brussels Sprouts Raisins	17 Pork Fried Brown Rice Stir Fry Vegetables Raisins Fortune Cookie	18 Mini Crab Cakes  Whole Grain Scampi Pasta Sliced Carrots Mixed Fruit	19 Salisbury Steak with Gravy Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Apple Margarine
20 ~Martin Luther King, Jr. Birthday~ BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Mixed Fruit	21 Turkey Divan Whole Grain Pasta Peas and Carrots Diced Peaches	22 Garden Vegetable Soup Tuna Salad Cucumber Tomato Salad Multi-Grain Bread (2 slices) Fresh Apple	23 Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Whole Wheat Tortilla Pineapple Tidbits	24 Meatballs & Marinara Sauce Whole Grain Pasta Broccoli Florets Applesauce Lorna Doone Cookies	25 Turkey Breast with Gravy Whole Kernel Corn Green Beans Whole Wheat Roll Fresh Orange Margarine	26 Pork Stir Fry Whole Grain Pasta Sliced Carrots WG Mixed Fruit Crisp
27 Tofu Bolognese Whole Grain Pasta Broccoli Florets WG Garlic Breadstick Fresh Apple Margarine	28 WG Turkey Tetrazzini Sliced Carrots Pineapple Tidbits	29 Turkey Club Salad* <i>*Turkey, Cheddar Cheese, Tomato, Romaine Lettuce, and Bacon Bits</i> Whole Wheat Roll Diced Peas Blue Cheese Salad Dressing Margarine	30 Hamburger Patty Lettuce & Tomato Ranch Beans WW Hamburger Bun Diced Peaches Ketchup Mustard	31 Tilapia w/Crumb Topping Brown Rice Florentine California Vegetable Blend WG Mixed Fruit Crisp Lemon 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.