



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Lentil Soup Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Organic Rainbow Carrot Salad w/Lemon Dijon Vinaigrette Mixed Fruit	2 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Capri Vegetable Blend Whole Wheat Roll Fresh Orange	3 Shrimp Etouffee Brown Rice Black-eyed Peas Whole Kernel Corn Diced Pears Chocolate Chip Cookie	4 Apple Cranberry Pork Lentil Vegetable Pilaf Green Beans Whole Wheat Roll Applesauce	5 General Tso's Chicken Brown Rice Sliced Carrots Broccoli Florets Pineapple Tidbits
6 Salisbury Steak with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Bread Mandarin Oranges	7 Pork w/Ginger Scallion Sauce Mixed Vegetables Whole Wheat Roll Tropical Fruit	8 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	9 Apple Cranberry Chicken Whole Wheat Couscous Brussels Sprouts Applesauce	10 Breaded Pollock White Beans Whole Grain Hamburger Bun Mixed Fruit Carnival Cookie Tartar Sauce	11 Curry Chicken Brown Rice Garden Vegetable Blend Diced Pears	12 Pork Parmesan Whole Grain Spaghetti White Beans with Arugula Green Peas Pineapple Tidbits
13 BBQ Chicken Breast Whole Grain Macaroni & Cheese Collard Greens Applesauce	14 Turkey Divan Brown Rice Glazed Carrots Mixed Fruit	15 Garden Vegetable Soup Lemon Pepper Tuna Salad Cucumber Tomato Salad Whole Grain Hamburger Bun Fresh Orange	16 Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Raisins	17 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Green Beans Multi-Grain Bread Pineapple Tidbits Double Chocolate Chip Cookie	18 Roasted Turkey Breast w/Gravy Green Peas Sliced Carrots Whole Wheat Roll Fresh Orange	19 Hungarian Pork Brown Rice Mixed Vegetables Diced Pears
20 Vegetarian Bolognese Whole Grain Penne Pasta Brussels Sprouts Whole Wheat Roll Applesauce	21 Tilapia with Crumb Topping Brown Rice Florentine California Vegetable Blend Multi-Grain Bread Raisins	22 Turkey Club Salad* <i>*Turkey, Cheddar Cheese, Tomato, Romaine Lettuce, and Bacon Bits</i> Whole Wheat Roll Mandarin Oranges Blue Cheese Salad Dressing Margarine	23 Hamburger Patty Lettuce & Tomato Ranch Beans Whole Grain Hamburger Bun Tropical Fruit	24 Whole Grain Turkey Tetrazzini Green Peas Sliced Carrots Mixed Fruit Butter Sugar Cookie	25 Pork with Onion Gravy Brown Rice Pilaf Mixed Vegetables Diced Pears	26 Chicken Alfredo Whole Grain Penne Pasta Broccoli Florets Cauliflower Raisins
27 Potato Crusted Pollock Brown Rice Green Beans Whole Wheat Roll Diced Peaches Margarine Tartar Sauce	28 BBQ Chicken Drumsticks Whole Grain Macaroni & Cheese Collard Greens Multi-Grain Bread Mixed Fruit	29 Minestrone Soup Sliced Turkey Breast Provolone Cheese Lettuce & Tomato Broccoli Raisin Salad Whole Grain Hamburger Bun Applesauce	30 Meatloaf with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll 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.