



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 Tilapia Vera Cruz Confetti Brown Rice Mixed Vegetables Whole Wheat Roll Fresh Apple Milk Lemon Juice	2 Lentil Soup Egg Salad Chickpea Salad Whole Wheat Bread Diced Peaches Milk	3 Vegetarian Tamale Pie Fiesta Corn Capri Vegetable Blend Whole Wheat Bread Pineapple Tidbits Milk	4 Labor Day Special All Beef Hot Dog  Ranch Beans California Vegetables Whole Wheat Hot Dog Bun Whole Grain Mixed Fruit Crisp Milk Mustard	5 Roasted Turkey Breast w/Gravy Brown Rice Broccoli Florets Beet Salad Diced Pears Milk	6 Chicken and Biscuit Scalloped Tomatoes Peas and Carrots Tropical Fruit Milk
7 Szechuan Pork Brown Rice Broccoli Florets Asian Vegetable Blend Multi-Grain Bread Raisins Milk	8 Hungarian Chicken Whole Grain Rotini Glazed Carrots Cabbage Whole Wheat Bread Fresh Orange Milk	9 Thai Chicken Salad* <i>*Diced Chicken, Whole Grain Penne, Sugar Snap Peas, Cabbage, Carrots</i> Cucumber Salad Diced Peaches Milk	10 BBQ Chicken Plantains Red & White Slaw Whole Wheat Hamburger Bun Fresh Apple Milk	11 Parmesan Crusted Tilapia  Brown Rice Green Peas & Onion Sliced Carrots Whole Wheat Roll Mixed Fruit Sugar Cookie Milk Tartar Sauce Lemon Juice	12 Swiss Steak Confetti Brown Rice Mixed Vegetables Whole Wheat Bread Raisins Milk	13 Cheese Lasagna Roll-Up Lentil Vegetable Pilaf Garden Vegetable Blend Whole Wheat Roll Tropical Fruit Milk
14 Beef Patty Onion Gravy Whipped Potatoes California Vegetable Blend Multi-Grain Bread Fresh Apple Milk	15 Chicken Cacciatore Whole Grain Penne Brussels Sprouts Baby Carrots Whole Wheat Roll Diced Peaches Milk	16 White Bean Soup New! Lemon Pepper Tuna Salad Coleslaw Multi-Grain Bread Fresh Orange Milk	17 Chicken Fried Brown Rice Sugar Snap Peas Sweet & Sour Red Cabbage Whole Wheat Bread Mixed Fruit Milk	18 Sweet & Sour Meatballs  Brown Rice Glazed Carrots Broccoli Florets Whole Wheat Bread Pineapple Tidbits Oatmeal Raisin Cookie Milk	19 Apple Cider Mustard Pork Brown Rice Green Peas Parmesan Tomatoes Diced Pears Milk	20 BBQ Chicken Drumsticks WG Macaroni & Cheese Seasoned Collard Greens Honey Lime Corn Salad Mandarin Oranges Milk
21 Vegetarian Chili w/Beans Roasted Diced Potatoes Broccoli Florets Multi-Grain Bread Raisins Milk	22 Salisbury Steak Onion Gravy Brown Rice Sliced Carrots Whole Wheat Roll Pineapple Tidbits Milk	23 New! Chickpea Caesar Salad New! Corn Salad Whole Wheat Roll Mixed Fruit Milk Caesar Salad Dressing	24 BBQ Pork Rib Patty  Ranch Beans California Vegetable Blend Whole Grain Hamburger Bun Diced Pears Milk	25 New! Blackened Tilapia Brown Rice Florentine Mixed Vegetables Coleslaw Tropical Fruit Carnival Cookie Milk Lemon Juice	26 Whole Grain Turkey Tetrzzini Green Beans Amandine Applesauce Milk	27 Creamy Paprika Chicken Breast Whole Grain Penne Broccoli Florets Cucumber & Red Onion Salad Whole Wheat Roll Mixed Fruit Milk
28 WG Bean & Cheese Burrito Enchilada Sauce Chuckwagon Corn Green Beans, Tomato & Onion Raisins Milk	29 WG Popcorn Chicken Cranberry Orange Sauce Mixed Vegetables Whole Wheat Bread Diced Pears Milk	30 Cream of Broccoli Soup Turkey & Swiss Lettuce & Tomato Coleslaw Whole Wheat Tortilla Pineapple Tidbits Milk Mustard				

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.