



# JULY 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b>  Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Herb Potato Salad Whole Wheat Bread Fresh Apple	<b>2</b> Bean Tamale Pie Shredded Cheese Mixed Green Salad Broccoli Whole Wheat Bread Hot Peaches	<b>3</b> Bean & Cheese Burrito Whole Kernel Corn Fiesta Vegetable Blend Fresh Orange Chef's Dessert 	<b>4 Independence Day</b> Cheeseburger Lettuce, Tomato Broccoli & Carrots Tater Tot Casserole Hamburger Bun Fresh Fruit 	<b>5</b>  Beef Chili w/ Beans Whole Kernel Corn Broccoli Whole Wheat Roll Applesauce 
<b>6</b>  Oven Fried Chicken Black Beans Seasoned Spinach Whole Wheat Bread Citrus Fruit 	<b>7</b> Swiss Steak Whipped Potatoes Seasoned Spinach Whole Wheat Bread Fresh Apple 	<b>8</b>  Chef Salad Whole Grain Crackers Fresh Banana Ranch Salad Dressing 	<b>9</b> Pork Stir Fry Brown Rice Mixed Vegetables Tropical Fruit Fortune Cookie 	<b>10</b> Turkey Pot Roast Brown Rice Glazed Carrots Tropical Fruit Chef's Dessert 	<b>11</b> Salisbury Steak w/ Mushroom Gravy Whipped Potatoes Green Beans w/ Red Peppers & Onions Whole Wheat Bread Sliced Peaches	<b>12</b> Grilled Pork Patty w/ Mornay Sauce Whole Grain Penne Pasta Peas w/ Red Peppers Fresh Apple 
<b>13</b> BBQ Chicken Cheesy Brown Rice Glazed Carrots Mixed Fruit 	<b>14</b> Cheeseburger Macaroni Bake Green Peas California Vegetable Blend Whole Wheat Bread Cinnamon Applesauce	<b>15</b> Garden Turkey Salad Whole Grain Crackers Fresh Banana Ranch Salad Dressing 	<b>16</b> Potato Crusted Pollock Confetti Brown Rice Garden Vegetables Apricot Halves Tartar Sauce 	<b>17</b> Meatloaf w/ Onion Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Roll Fresh Orange Chef's Dessert	<b>18</b> Pork Carnitas Cilantro Lime Brown Rice Fiesta Vegetable Blend Whole Wheat Tortilla Cinnamon Applesauce	<b>19</b> Beef Italiano Whole Grain Penne Pasta Mixed Vegetables Pineapple Tidbits 
<b>20</b>  Chicken Fried Rice Broccoli Whole Wheat Roll Hot Peaches 	<b>21</b>  Pork Roast w/ Mushroom Gravy Oven Roasted Potatoes Green Peas Whole Wheat Bread Fresh Orange	<b>22</b> Vegetable Soup Chicken Salad Lettuce, Tomato German Coleslaw Whole Wheat Bread Applesauce	<b>23</b> Sloppy Joe Garlic Whipped Potatoes Whole Kernel Corn W.W. Hamburger Bun Pineapple Tidbits 	<b>24</b>  Baked Chicken w/ Gravy Kidney Beans Broccoli & Carrots Whole Wheat Bread Fresh Banana Chef's Dessert	<b>25</b>  Sliced Turkey Breast w/ Cranberry Orange Sauce Mashed Spiced Yams Brussels Sprouts Whole Wheat Bread Fresh Apple	<b>26</b> Creole Steak Whipped Potatoes Green Beans Whole Wheat Bread Mixed Fruit 
<b>27</b> Potato Crusted Pollock Fiesta Corn Sliced Carrots Whole Wheat Bread Tropical Fruit Tartar Sauce 	<b>28</b> Chicken Fajita Meat Mexican Rice Whole Wheat Tortilla Hot Spiced Pineapple & Mandarin Oranges Taco Sauce	<b>29</b>  Minestrone Soup Tuna Salad Spinach Salad 3-Bean Tomato Salad Whole Wheat Bread Mixed Fruit	<b>30</b> Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Hot Peaches Ranch Salad Dressing 	<b>31</b>  Sausage w/ Onions & Peppers Tater Tot Casserole Herbed Green Beans W.W. Hot Dog Bun Banana, Cookie		

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Donation is \$3.50 per meal  
MENU SUBJECT TO CHANGE



No eligible person shall be denied a meal because of failure or inability to contribute.

