


| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  | Sunday  |
|---|---|--|---|--|---|---|
|   |   | <div><b>Holiday Schedule</b><br/><b><u>New Years Day, Thur, Jan 1</u></b><br/>Open: 8:00am - 2:00pm<br/>Two Lunches: 11:00am, 12:15pm<br/>Breakfast: 8:00am -9:00am</div>  | <b>1</b> <div>Glazed Ham<br/>Black-eyed Peas<br/>Collard Greens<br/>Whole Grain Corn Muffin<br/>Fresh Orange<br/>Margarine</div>                            | <b>2</b> <div>Whole Grain Shrimp Jambalaya<br/>Corn Casserole<br/>Green Beans<br/>Multi-Grain Bread<br/>Diced Pears<br/>Nuttty Buddy Bar<br/>Margarine</div>   | <b>2</b> <div>Chicken Thigh Meat<br/>Romesco Sauce<br/>Whole Grain Penne Pasta<br/>Sliced Carrots<br/>Cucumber Tomato Salad<br/>Mixed Fruit</div> | <b>4</b> <div>Sweet &amp; Sour Meatballs<br/>Brown Rice<br/>Mixed Vegetables<br/>Pineapple Tidbits</div>                                    |
| <b>5</b> <div>Chicken and Biscuit*<br/>Whipped Potatoes<br/>California Vegetable Blend<br/>*Whole Grain Biscuit in Entrée<br/>Applesauce</div>  | <b>6</b> <div>Sloppy Joe<br/>Whole Kernel Corn<br/>Coleslaw<br/>Whole Grain Hamburger Bun<br/>Diced Pears</div>                                       | <b>7</b> <div>Lentil Soup<br/><b>Hummus Wrap*</b><br/><i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i><br/>Organic Rainbow Carrot Salad with Lemon Dijon Vinaigrette<br/>Mixed Fruit</div>   | <b>8</b> <div>Meatballs &amp; Spaghetti Sauce<br/>Whole Grain Spaghetti<br/>Capri Vegetable Blend<br/>Whole Wheat Roll<br/>Fresh Orange<br/>Margarine</div> | <b>9</b> <div>Shrimp Etouffee<br/>Brown Rice<br/>Black-eyed Peas<br/>Whole Kernel Corn<br/>Diced Pears<br/>Chocolate Chip Cookie</div>   | <b>10</b> <div>Apple Cranberry Pork<br/>Lentil Vegetable Pilaf<br/>Green Beans<br/>Whole Wheat Roll<br/>Applesauce<br/>Margarine</div>            | <b>11</b> <div>General Tso's Chicken<br/>Brown Rice<br/>Sliced Carrots<br/>Broccoli Florets<br/>Pineapple Tidbits</div>                     |
| <b>12</b> <div>Pork Parmesan <br/>White Beans with Arugula<br/>Mixed Vegetables<br/>Whole Wheat Roll<br/>Strawberry Applesauce<br/>Margarine</div> | <b>13</b> <div>Swedish Meatballs<br/>Whole Grain Egg Noodles<br/>California Vegetable Blend<br/>Whole Wheat Bread<br/>Mixed Fruit<br/>Margarine</div> | <b>14</b> <div><b>Beef &amp; Turkey Taco Salad*</b><br/><i>*Ground Turkey &amp; Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce</i><br/>Whole Grain Baked Tortilla Chips<br/>Fresh Orange<br/>Taco Sauce<br/>Ranch Salad Dressing</div> | <b>15</b> <div>Chicken Lemon Scarpariello<br/>Oven Roasted Diced Potatoes<br/>Brussels Sprouts<br/>Whole Wheat Roll<br/>Diced Pears<br/>Margarine</div>     | <b>16</b> <div>Potato Crusted Pollock<br/>Wild Rice<br/>Glazed Carrots<br/>Whole Wheat Bread<br/>Whole Grain Mixed Fruit Crisp<br/>Margarine<br/>Tartar Sauce<br/>Lemon Juice</div>  | <b>17</b> <div>Pork Stir Fry<br/>Whole Grain Spaghetti<br/>Edamame<br/>Stir Fry Vegetable Blend<br/>Pineapple Tidbits<br/>Fortune Cookie</div>    | <b>18</b> <div>Salisbury Steak with Gravy<br/>Whipped Potatoes<br/>Broccoli Florets<br/>Whole Wheat Roll<br/>Applesauce<br/>Margarine</div> |
| <b>19 ~ Martin Luther King, Jr. Day ~</b> <div>BBQ Chicken Drumsticks<br/>Whole Grain Macaroni &amp; Cheese<br/>Seasoned Collard Greens<br/>Pineapple Tidbits</div>   | <b>20</b> <div>Meatballs<br/>Mediterranean Puttanesca Sauce<br/>Whole Grain Egg Rotini<br/>Green Peas<br/>Sliced Carrots<br/>Mixed Fruit</div>        | <b>21</b> <div>Corn Chowder<br/>Tuna Salad<br/>Cucumber Tomato Salad<br/>Whole Grain Hamburger Bun<br/>Strawberry Applesauce</div>   | <b>22</b> <div>Pork Carnitas<br/>Pinto Beans<br/>Fiesta Vegetable Blend<br/>Whole Wheat Tortilla<br/>Diced Pears<br/>Taco Sauce</div>                       | <b>23</b> <div>Mini Crab Cakes <br/>Whole Grain Scampi Pasta<br/>Broccoli Florets<br/>Pineapple Tidbits<br/>Multi-Grain Bread<br/>Carnival Cookie<br/>Margarine</div> | <b>24</b> <div>Turkey Breast with Gravy<br/>Whipped Potatoes<br/>Green Beans<br/>Whole Wheat Roll<br/>Fresh Orange<br/>Margarine</div>            | <b>25</b> <div>Pork Fried Brown Rice<br/>Sliced Carrots<br/>Stir Fry Vegetable Blend<br/>Raisins</div>                                      |
| <b>26</b> <div>Whole Grain Turkey Tetrazzini<br/>Broccoli Florets<br/>Strawberry Applesauce</div>   | <b>27</b> <div>Pork Chile Verde<br/>Cilantro Lime Brown Rice<br/>Sliced Carrots<br/>Whole Grain Corn Muffin<br/>Fresh Orange</div>                    | <b>28</b> <div><b>Asian Chicken Noodle Salad*</b><br/><i>*Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing</i><br/>Diced Pears<br/>Balsamic Vinaigrette</div>   | <b>29</b> <div>Hamburger Patty<br/>Lettuce &amp; Tomato<br/>Ranch Beans<br/>Whole Grain Hamburger Bun<br/>Tropical Fruit<br/>Ketchup<br/>Mustard</div>      | <b>30</b> <div>Salmon Patty with Dill Sauce<br/>Brown Rice Florentine<br/>California Vegetable Blend<br/>Whole Wheat Roll<br/>Whole Grain Mixed Fruit Crisp<br/>Lemon Juice<br/>Margarine</div>  | <b>31</b> <div>WG Bean &amp; Cheese Burrito<br/>Enchilada Sauce<br/>Fiesta Corn<br/>Green Beans<br/>Applesauce</div>                              |   |

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.