



Meals containing more than 1000 mg of sodium 

# September 2023 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Chicken Ginger Scallion Sauce Brown Rice Florentine Sliced Carrots Tropical Fruit Oatmeal Crème Cookie
4 <b>Labor Day!</b>  CLOSED 	5 Swiss Steak Wild Rice Garden Vegetable Blend Fresh Apple	6 Beef & Turkey Taco Salad (Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, Lettuce, Cabbage, and Carrots) Fresh Banana 	7 Baked Chicken Lemon Scarpanello Sauce Whole Grain Rotini Peas & Carrots Fresh Orange	8 Potato Crusted Fish Corn O'Brien Whole Wheat Roll Pear Crisp Margarine Tartar Sauce
11 Meatloaf Brown Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple, Margarine	12 Chicken Cacciatore Whole Grain Penne Brussels Sprouts, Corn, and Carrots Fresh Pear	13 Minestrone Soup Tuna Salad Black-eyed Pea Salad Multi-Grain Bread Fresh Orange	14 Chicken Fried Brown Rice Sweet & Sour Red Cabbage Pineapple Tidbits Fortune Cookie	15 Swedish Meatballs Whole Grain Egg Noodles Broccoli Cuts and Carrots Fresh Banana Chocolate Chip Cookie
18 WG Tuna Noodle Au Gratin Mixed Vegetables Pineapple Tidbits	19 BBQ Pork Rib Patty Ranch Beans WW Hamburger Bun Fresh Orange	20 Turkey Club Salad (Turkey, Cheddar Cheese, Tomato, Lettuce, and Bacon Bits) Whole Wheat Roll Fresh Banana Ranch Dressing, Margarine	21 Salisbury Steak Brown Gravy Scalloped Potatoes Capri Vegetable Blend Whole Wheat Bread Tropical Fruit, Margarine	22 Turkey Breast with Gravy Cut Yams Whole Wheat Bread Mixed Fruit Crisp Margarine
25 Shrimp Jambalaya Scalloped Corn Tropical Fruit	26 Cranberry Dijon Chicken WW Seasoned Couscous Capri Vegetable Blend Fresh Pear	27 Lentil Soup Turkey & Cheddar Lettuce & Tomato German Coleslaw Whole Wheat Tortilla Pineapple Tidbits	28 Honey Balsamic Chicken Confetti Brown Rice California Vegetable Blend Fresh Banana	29 Pork Roast Bruschetta Sauce Whole Grain Rotini Broccoli Cuts Peach Crisp

"This project is supported by Older Americans 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.

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS

Peanuts • Tree nuts • Seafood • Shellfish • Soy • Eggs • Milk • Wheat • Sesame

"All meals contain 8 oz milk"



Menu Subject To Change