





# SERVING SENIORS LUNCH MENU AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Chicken Fried Brown Rice Sweet & Sour Red Cabbage Spiced Apples Fortune Cookie	2 Swedish Meatballs Whole Grain Egg Noodles Broccoli Florets & Carrots Applesauce Fudge Brownie	3	4
5 Potato Crusted Pollock WG Macaroni & Cheese Mixed Vegetables Applesauce Tartar Sauce Lemon Juice Packet	6 BBQ Pork Rib Patty Ranch Beans WW Hamburger Bun Fresh Orange	7 Lentil Soup  <b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Rainbow Carrot Salad with Lemon Dijon Vinaigrette Mixed Fruit	8 Salisbury Steak Onion Gravy Whipped Potatoes Green Beans Whole Wheat Roll Diced Pears Margarine	9 Roasted Turkey Breast Tarragon Sauce Glazed Carrots Whole Wheat Bread WG Mixed Fruit Crisp Margarine	10	11
12 WG Shrimp Jambalaya Corn Casserole Peach Crisp	13 Chicken Leg Quarter Cranberry Dijon Sauce Mixed Vegetables Whole Wheat Roll Pears Margarine	14 Split Pea Soup Turkey & Swiss Lettuce & Tomato German Coleslaw Whole Wheat Tortilla Applesauce Mayonnaise & Mustard	15 Chicken Leg Quarter Honey Balsamic Sauce Confetti Brown Rice Sliced Carrots Mixed Fruit Nutty Buddy Bar	16 Pork Parmesan  White Beans with Arugula Whole Grain Breadstick Pears Nutty Buddy Bar Margarine	17	18
19 Chicken Leg Quarter Dijonnaise Sauce Brown Rice Brussels Sprouts Fresh Apple	20 Turkey a la King Whole Grain Egg Noodles Broccoli Florets Mixed Fruit	21 Vegetable Soup Egg Salad Chick Pea Salad Whole Wheat Bread (2) Diced Peaches	22 Pork Stir Fry Cilantro Lime Brown Rice Green Peas Raisins	23 Potato Crusted Pollock Glazed Carrots Whole Wheat Bread WG Mixed Fruit Crisp Margarine Tartar Sauce Lemon Juice Packet	24	26
26 Creole Beef Lentil Vegetable Pilaf Whole Wheat Roll Mixed Fruit Margarine	27 <b>Asian Noodle Chicken Salad*</b> <i>*Diced Chicken, WG Spaghetti, Sugar Snap Peas, Cabbage, Carrots, Green Onions, Sesame Seeds, and Dressing</i> Fresh Apple	28 Salmon Patty Dill Sauce Confetti Brown Rice Mixed Vegetables Fresh Orange	29 WG Bean & Cheese Burrito Enchilada Sauce Fiesta Corn Diced Peaches	30 Chicken Leg Quarter Roasted Garlic Marsala Sauce Brown Rice Florentine California Vegetable Blend Mixed Fruit Oatmeal Raisin Cookie	31	

## MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥ 1000 mg

Meals may contain these allergens: peanuts, sesame tree nuts, seafood, shellfish, soy, eggs, milk, wheat.

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.