



SERVING SENIORS



December 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Chicken Leg Quarter Pumpkin Seed Mole Cilantro Lime Brown Rice Plantains Tropical Fruit	2 Potato Crusted Fish WW Seasoned Couscous Green Peas Fresh Banana Carnival Cookie Tartar Sauce
5 Coconut Curry Chicken Brown Rice Broccoli Fresh Orange 	6 Salisbury Steak Onion Gravy Delmonico Potatoes Green Peas Whole Wheat Roll Fresh Banana Margarine	7 Minestrone Soup Chicken Salad Copper Pennies Multi-Grain Bread Strawberry Glaze Fruit 	8 Tilapia w/ Crumb Topping Confetti Brown Rice Black Beans Pineapple Tidbits Tartar Sauce 	9 Greek Pastitsio (Greek Beef Pasta Bake) Brussels Sprouts Peach Crisp
12 Burrito Bowl (Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Lettuce, and Tomato) Peaches, Taco Sauce 	13 Hamburger Patty Lettuce & Tomato Broccoli WW Hamburger Bun Hot Spiced Apples Ketchup Mustard	14 Chef Salad Whole Wheat Roll Fresh Apple Ranch Salad Dressing Margarine	15 Pork Roast w/ Onion Gravy Brown Rice Capri Veggie Blend Fresh Orange 	16 Honey Lime Chicken Mashed Spiced Yams Mixed Vegetables Whole Wheat Bread Tropical Fruit Dessert Margarine
19 Veg. Be'f Lasagna Bake Broccoli WG Garlic Breadstick Fresh Apple Margarine	20 Potato Crusted Fish Garden Veggie Blend Multi-Grain Bread Peach Crisp Tartar Sauce Margarine	21 Corn Chowder Turkey Ham & Swiss Cheese Lettuce & Tomato Beet Salad Whole Wheat Tortilla Fresh Orange	22 WG Popcorn Chicken WG Macaroni & Cheese Glazed Carrots Mixed Fruit BBQ Sauce	23 Lemon Pepper Chicken Black Beans Steamed Cabbage Whole Wheat Roll Mandarin Oranges Margarine
26 Closed for Holiday	27 Pork Carnitas Cilantro Lime Brown Rice Fiesta Veggie Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	28 Asian Chicken Noodle Salad (Chicken, WG Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing) Fresh Banana	29 Meatloaf w/ Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Pear Margarine	30 Swedish Meatballs WG Penne Pasta Garden Veggie Blend Fresh Orange

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 \$1.00 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

All meals contain 8 oz milk

Menu Subject To Change