



2023 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Chicken Cacciatore Whole Grain Penne California Vegetable Blend Fresh Pear</p>	<p>2</p> <p>Minestrone Soup Tuna Salad Black-eyed Pea Salad Multi-Grain Bread Fresh Orange</p>	<p>3</p> <p>Chicken Fried Brown Rice Sweet & Sour Red Cabbage Pineapple Tidbits Fortune Cookie</p>	<p>4</p> <p>Swedish Meatballs WG Egg Noodles Broccoli and Carrots Fresh Banana Chocolate Chip Cookie</p>
<p>7</p> <p>WG Tuna Noodle Au Gratin Mixed Vegetables Pineapple Tidbits</p>	<p>8</p> <p>BBQ Pork Rib Patty Ranch Beans WW Hamburger Bun Fresh Orange</p>	<p>9</p> <p>Turkey Club Salad (Turkey, Cheddar Cheese, Tomato, Lettuce, and Bacon Bits) Whole Wheat Roll Fresh Banana, Margarine</p>	<p>10</p> <p>Salisbury Steak Brown Gravy Scalloped Potatoes Capri Vegetable Blend Whole Wheat Bread Tropical Fruit, Margarine</p>	<p>11</p> <p>Turkey Breast w/ Gravy Cut Yams Whole Wheat Bread Mixed Fruit Crisp Margarine</p>
<p>14</p> <p>Shrimp Jambalaya Scalloped Corn Tropical Fruit</p>	<p>15</p> <p>Cranberry Dijon Chicken WW Seasoned Couscous Capri Vegetable Blend Fresh Pear</p>	<p>16</p> <p>Lentil Soup Turkey & Cheddar Lettuce & Tomato German Coleslaw Whole Wheat Tortilla Pineapple Tidbits</p>	<p>17</p> <p>Honey Balsamic Chicken Confetti Brown Rice CA Vegetable Blend Fresh Banana</p>	<p>18</p> <p>Pork Roast Bruschetta Sauce Whole Grain Rotini Broccoli Peach Crisp</p>
<p>21</p> <p>Chicken Dijonnaise Brown Rice Brussels Sprouts Fresh Apple</p>	<p>22</p> <p>Turkey a la King Whole Grain Egg Noodles Mixed Vegetables Tropical Fruit</p>	<p>23</p> <p>Tomato Basil Soup Chicken Salad Chick Pea Salad Whole Wheat Bread Fresh Banana</p>	<p>24</p> <p>Pork Stir Fry Cilantro Lime Brown Rice Green Peas Pineapple Tidbits</p>	<p>25</p> <p>Potato Crusted Fish Glazed Carrots Whole Wheat Bread Mixed Fruit Crisp Margarine Tartar Sauce</p>
<p>28</p> <p>Creole Beef Whipped Potatoes Lima Beans Whole Wheat Roll Pineapple Tidbits Margarine</p>	<p>29</p> <p>Tilapia w/ Crumb Topping Confetti Brown Rice Tuscany Vegetable Blend Fresh Orange</p>	<p>30</p> <p>Asian Noodle Chicken Salad (Diced Chicken, WG Spaghetti, Sugar Snap Peas, Cabbage, Carrots, Green Onions, Sesame Seeds, Rice Vinegar), Fresh Apple</p>	<p>31</p> <p>Meatballs & Spaghetti Sauce Whole Grain Spaghetti Broccoli Fresh Banana</p>	

"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



Menu Subject To Change

"All meals contain 8 oz milk"