



December 2018 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Salisbury Steak Onion Gravy Whipped Potatoes Peas & Carrots Whole Wheat Bread Seasonal Fruit	4 Oven Fried Chicken Whole Kernel Corn Brussels Sprouts Whole Wheat Bread Seasonal Fruit	5 Breaded Fish  Tater Tots Glazed Carrots W.W. Hamburger Bun Seasonal Fruit Tartar Sauce	6 Minestrone Soup Chicken Salad Apple Broccoli Salad  Whole Wheat Bread Strawberry Glazed Fruit	7 Hamburger Patty & Bun Lettuce & Tomato  Baked Beans Mixed Vegetables Pineapple Tidbits Chef's Dessert
10 Oven Fried Chicken  Mashed Spiced Yams Mixed Vegetables Whole Wheat Bread Tropical Fruit	11   Honey Glazed-Grilled Pork Confetti Brown Rice Green Peas Mixed Fruit	12 Chef Salad  Saltine Crackers Seasonal Fruit Ranch Salad Dressing <small>Happy Hanukkah</small> 	13  Sausage & Red Beans Brown Rice Capri Vegetable Blend Seasonal Fruit 	14 Beef Patty w/ Gravy Whipped Potatoes Green Beans Whole Wheat Bread Pineapple Tidbits  Chef's Dessert
17  Beef Strip Steak Onion Gravy Brown Rice Pilaf Green Beans Seasonal Fruit 	18 Oven Fried Chicken  Macaroni & Cheese Glazed Carrots Whole Wheat Bread Mixed Fruit  	19 Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot Pineapple Salad W.W. Tortilla Seasonal Fruit 	20 Maple Glazed-Chicken Breast Roast Potato Medley Lima Beans Whole Wheat Bread Pineapple Tidbits 	21 BIRTHDAY PARTY Cornish Hen Cornbread Dressing Whipped Potatoes Green Peas Whole Wheat Roll Seasonal Fruit Frosted Carrot Cake
24 Christmas Eve Closed for Holiday 	25 Christmas Day Closed for Holiday 	26 Meatloaf w/ Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Pears  	27  Turkey Harvest Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing 	28 Oven Fried Chicken Brown Rice Green Beans Pineapple Tidbits Chef's Dessert  
31 New Year's Eve Pork Chili Verde Brown Rice Fiesta Vegetable Blend Saltine Crackers Tropical Fruit  				

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

For Guaranteed Lunch Reservations, Please CALL 337-1425 by 12:00 PM - at least ONE WEEK BEFORE

Meals are served at 11:30 am - Suggested Senior Donation 60+ \$3.50 - Non-Senior fee is \$6.00

No eligible person shall be denied a meal because of failure or inability to contribute. ** Menu Subject to Change without Notice **

Food allergy warning: please be advised that the food served here may contain any of these ingredients: milk, eggs, wheat, soybeans, peanuts, treenuts, fish & shellfish