



June 2019 Lunch Menu

Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Oven Fried Chicken Whole Kernel Corn Sliced Carrots Whole Wheat Bread Mixed Fruit Chef's Dessert</p>	<p>4</p> <p>Hamburger Patty Lettuce & Tomato Roasted Potatoes Mixed Vegetables W.W. Hamburger Bun Fresh Orange</p>	<p>5</p> <p>Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Potato Salad Whole Wheat Bread Fresh Apple</p>	<p>6</p> <p>Dijon Pork Patty Mashed Spiced Yams Green Beans Whole Wheat Bread Fresh Banana</p>	<p>7</p> <p>Breaded Fish Cheesy Penne Pasta Creole Tomatoes Fruit Cocktail Tarter Sauce </p>
<p>10</p> <p>BBQ Pork Rib Patty Whipped Potatoes California Vegetables W.W. Hamburger Bun Pineapple Tidbits</p>	<p>11</p> <p>Turkey Ham & White Beans Brown Rice Seasoned Spinach Mixed Fruit</p>	<p>12</p> <p>Beef Taco Salad Tortilla Fresh Apple Taco Sauce</p>	<p>13</p> <p>Potato Crusted Fish Cilantro Lime Brown Rice Mixed Vegetables Tropical Fruit Chef's Dessert Tarter Sauce </p>	<p>14</p> <p>Oven Fried Chicken Scalloped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Orange</p>
<p>17</p> <p>Oven Fried Chicken Cheesy Brown Rice Green Beans Pineapple Tidbits</p>	<p>18</p> <p>Minestrone Soup Sliced Turkey Ham Cheese, Lettuce, Tomato Beef Salad Whole Wheat Bread Fresh Orange</p>	<p>19</p> <p>Swiss Steak Garlic Whipped Potatoes Green Peas Whole Wheat Roll Pineapple Tidbits</p>	<p>20 Summer Begins</p> <p>Pork Chili Verde Buttered Rice Fiesta Vegetable Blend W.W. Flour Tortilla Fresh Apple Chef's Dessert </p>	<p>21 BIRTHDAY PARTY</p> <p>Baked Chicken Mornay Sauce Cut Yams Tuscany Vegetable Blend Whole Wheat Bread Fresh Banana</p>
<p>24</p> <p>Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach W.W. Dinner Roll Mixed Fruit</p>	<p>25</p> <p>Baked Chicken Jezebel Apple Salsa Cilantro Lime Brown Rice Mixed Vegetables Fresh Apple </p>	<p>26</p> <p>Turkey Club Salad Saltine Crackers Fresh Orange Ranch Salad Dressing</p>	<p>27</p> <p>Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Fruit Crisp Italian Dressing</p>	<p>28</p> <p>Oven Fried Chicken Oven Roasted Potatoes Green Beans Whole Wheat Bread Mixed Fruit Chef's Dessert</p>

"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 - If we are unable to answer, please leave us a message.

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, tree nuts, fish & shellfish