



SEPTEMBER 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day HOLIDAY Closed for the Holiday 	3 Chicken Fajitas Corn & Tomatoes Whole Wheat Tortilla Spiced Mixed Fruit 	4 Minestrone Soup Tuna Salad Lettuce & Tomato Cucumber & Tomato Salad Whole Wheat Bread Tropical Fruit	5 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Vegetables Spiced Peaches 	6 Hamburger Patty & Bun Lettuce & Tomato Pinto Beans Mixed Vegetables Fresh Banana Chef's Dessert
9 Swedish Meatballs Penne Pasta Broccoli Mixed Fruit 	10 Sausage w/ Onions & Peppers Tater Tot Casserole Green Beans W.W. Hot Dog Bun Peaches 	11 911 Remembrance Beef Taco Salad Fluffy Fruit Salad Taco Sauce 	12 Oven Fried Chicken Cilantro Lime Brown Rice Summer Vegetable Blend Fresh Banana 	13 Salisbury Steak Brown Gravy Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Fresh Pear Chef's Dessert
16 Turkey Divan Penne Pasta Country Tomatoes Tropical Fruit 	17 Cuban Pork Black Beans Summer Vegetable Blend Whole Wheat Bread Mixed Fruit 	18 Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot & Raisin Salad Whole Wheat Tortilla Mixed Fruit	19 Breaded Fish Cheesy Brown Rice Glazed Carrots Tropical Fruit 	20 BIRTHDAY PARTY Beef Patty w/ Gravy Roasted Potato Medley Italian Vegetable Blend Whole Wheat Bread Pineapple Tidbits Chef's Dessert
23 Fall Begins Oven Fried Chicken Delmonico Potatoes Seasoned Spinach Whole Wheat Bread Fresh Apple 	24 Cheeseburger Macaroni Green Peas California Vegetable Blend Whole Wheat Bread Cinnamon Applesauce 	25 Chef Salad Saltine Crackers Fresh Plum Salad Dressing 	26 Pork Stir Fry Brown Rice Mixed Vegetables Tropical Fruit 	27 Bean Tamale Pie Corn O'Brien Fiesta Vegetable Blend Whole Wheat Bread Mixed Fruit Chef's Dessert
30 Chicken Fried Rice Green & Red Cabbage Lentil Pilaf Mixed Fruit 	<h2 style="font-family: cursive;">Celebrate</h2> <h1 style="font-family: cursive;">HISPANIC HERITAGE MONTH</h1>			

"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+ \$3.00 - 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