



October 2019 Lunch Menu



Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday
 Columbus Day	<p>1</p> <p>Oven Fried Chicken </p> <p>Brown Rice</p> <p>Green Beans</p> <p>Pineapple Tidbits</p>	<p>2</p> <p>Oriental Chicken Salad</p> <p>Saltine Crackers</p> <p>Seasonal Fruit </p>	<p>3</p> <p>Meatloaf</p> <p>Brown Gravy</p> <p>Garlic Whipped Potatoes</p> <p>Brussels Sprouts</p> <p>Whole Wheat Bread</p> <p>Seasonal Fruit</p>	<p>4</p> <p>Breaded Fish</p> <p>Roasted Potatoes</p> <p>Glazed Carrots</p> <p>Whole Wheat Bread</p> <p>Seasonal Fruit</p> <p>Chef's Dessert</p>
<p>7</p> <p>Pork Chili Verde</p> <p>Brown Rice</p> <p>Fiesta Vegetable Blend</p> <p>Saltine Crackers</p> <p>Tropical Fruit</p>	<p>8</p> <p>Swedish Meatballs</p> <p>Whole Grain Penne Pasta</p> <p>Capri Vegetable Blend</p> <p>Fresh Orange </p>	<p>9</p> <p>Minestrone Soup</p> <p>Tuna Salad</p> <p>Lettuce & Tomato</p> <p>Cucumber Tomato Salad</p> <p>Whole Wheat Bread</p> <p>Fluffy Fruit Salad</p>	<p>10</p> <p>Beef Chow Mein</p> <p>Brown Rice</p> <p>Oriental Vegetables</p> <p>Ginger Carrots</p> <p>Seasonal Fruit</p>	<p>11</p> <p>Sloppy Joe</p> <p>Whole Kernel Corn</p> <p>Green Beans</p> <p>W.W. Hamburger Bun</p> <p>Applesauce</p> <p>Chef's Dessert </p>
<p>14</p> <p>Columbus Day</p> <p>Cuban Pork</p> <p>Black Beans & Rice</p> <p>Garden Vegetables</p> <p>W.W. Hamburger Bun</p> <p>Seasonal Fruit</p>	<p>15</p> <p>Beef Chili w/ Beans</p> <p>O'Brien Potatoes</p> <p>Broccoli</p> <p>Saltine Crackers</p> <p>Tropical Fruit</p>	<p>16</p> <p>Beef Taco Salad</p> <p>Seasonal Fruit</p> <p>Taco Sauce</p>	<p>17</p> <p>Breaded Fish</p> <p>Cilantro Lime Brown Rice</p> <p>California Vegetable Blend</p> <p>Mixed Fruit</p> <p>Tartar Sauce</p>	<p>18</p> <p>BIRTHDAY PARTY</p> <p>Oven Fried Chicken </p> <p>Dirty Brown Rice</p> <p>Coleslaw</p> <p>Hot Sliced Peaches</p> <p>Chef's Dessert</p>
<p>21</p> <p>Turkey Ham</p> <p>Cranberry Sauce</p> <p>Brown Rice </p> <p>Corn & Limas </p> <p>Fresh Orange</p>	<p>22</p> <p>Baked Chicken</p> <p>Lemon Sauce</p> <p>Roasted Sweet Potatoes </p> <p>Sauteed Greens</p> <p>Whole Wheat Bread</p> <p>Seasonal Fruit</p>	<p>23</p> <p>Chef Salad</p> <p>Saltine Crackers</p> <p>Seasonal Fruit</p> <p>Ranch Dressing</p>	<p>24</p> <p>Citrus Pepper Salmon</p> <p>Lemon Butter Sauce</p> <p>Brown Rice</p> <p>Broccoli</p> <p>Mixed Fruit</p>	<p>25</p> <p>Hamburger Patty & Bun</p> <p>Lettuce & Tomato</p> <p>Pinto Beans</p> <p>Garden Vegetables</p> <p>Pineapple Tidbits</p> <p>Chef's Dessert</p>
<p>28</p> <p>Oven Fried Chicken </p> <p>Roasted Potatoes</p> <p>Broccoli & Carrots</p> <p>Whole Wheat Bread</p> <p>Tropical Fruit </p>	<p>29</p> <p>Pork Carnitas</p> <p>Lettuce & Tomato</p> <p>Black Beans</p> <p>esta Vegetable Blend</p> <p>Whole Wheat Tortilla</p> <p>Mixed Fruit</p>	<p>30</p> <p>Fall Harvest Turkey Salad</p> <p>Multi-Grain Bread</p> <p>Seasonal Fruit</p> <p>Ranch Dressing</p>	<p>31</p> <p>Halloween</p> <p>Sausage w/ </p> <p>Onions & Peppers</p> <p>Dilled Carrots</p> <p>Herb Potato Salad</p> <p>Hot Dog Bun</p> <p>Pineapple Tidbits</p> <p>Chocolate Pudding</p>	<p>HAPPY HALLOWEEN</p>

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

For Information, 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, treenuts, fish & shellfish