



September 2018 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>a day to</i> CELEBRATE the ACHIEVEMENTS <i>of our</i> AMERICAN WORKFORCE</p> <p style="text-align: center;">Happy Labor Day</p>  				
<p>3 Labor Day</p> <p>HOLIDAY </p> <p>CLOSED for the Holiday</p>	<p>4 BBQ Pork Rib Patty Baked Beans Coleslaw Hamburger Bun Peach Cobbler </p>	<p>5 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Vegetables Mixed Fruit Crisp Salad Dressing</p>	<p>6 Minestrone Soup Tuna Salad Lettuce & Tomato Cucumber & Tomato Salad W.W. Pita Pocket Tropical Fruit </p>	<p>7 Oven Fried Chicken  Whole Kernel Corn Green Beans Whole Wheat Roll Seasonal Fruit Chef's Dessert </p>
<p>10 Swedish Meatballs Whole Grain Penne Pasta Broccoli Mixed Fruit </p>	<p>11 911 Remembrance  Sausage w/ Onions & Peppers Tater Tot Casserole Green Beans W.W. Hot Dog Bun Peaches </p>	<p>12 Oven Fried Chicken Cilantro Lime Brown Rice Summer Vegetable Blend Seasonal Fruit  </p>	<p>13 Beef Taco Salad Fluffy Fruit Salad Taco Sauce   </p>	<p>14 Glazed Turkey Ham  Mashed Spiced Yams Seasoned Spinach Whole Wheat Roll Seasonal Fruit </p>
<p>17 Breaded Fish Cheesy Brown Rice Glazed Carrots Tropical Fruit Tartar Sauce </p>	<p>18  Oven Fried Chicken Ranch Potatoes Capri Vegetable Blend Whole Wheat Bread Stawberry Glazed Fruit </p>	<p>19 Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot & Raisin Salad Whole Wheat Tortilla Mixed Fruit </p>	<p>20 Beef Patty Mushroom Gravy Roasted Potato Medley Italian Vegetable Blend Whole Wheat Bread Pineapple Tidbits </p>	<p>21 BIRTHDAY PARTY Turkey Divan Whole Grain Penne Pasta Stewed Tomatoes Tropical Fruit  Chef's Dessert</p>
<p>24 Fall Begins  Oven Fried Chicken Delmonico Potatoes Seasoned Spinach Whole Wheat Bread Seasonal Fruit</p>	<p>25 Ham Macaroni & Cheese  Green Peas  California Vegetable Blend Whole Wheat Bread Cinnamon Applesauce</p>	<p>26 Chef Salad  Saltine Crackers Seasonal Fruit Salad Dressing </p>	<p>27 Pork Stir Fry Brown Rice Fiesta Vegetable Blend Tropical Fruit </p>	<p>28 <i>Gratitude</i> Turkey Breast w/ Gravy  Whipped Potatoes Mixed Vegetables Whole Wheat Bread Mixed Fruit </p>

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

Meals are served at 12:00 pm - Suggested Senior Donation 60+ \$2.50 - Non-Senior fee is \$4.00

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