

**November 2018 Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> Beef Strip Steak Onion Gravy Brown Rice Pilaf Green Beans Seasonal Fruit	<b>6</b> Oven Fried Chicken Macaroni & Cheese Glazed Carrots Whole Wheat Bread Mixed Fruit	<b>7</b> Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot Pineapple Salad Whole Wheat Tortilla Seasonal Fruit	<b>8</b> Maple Glazed- Chicken Breast Roast Potato Medley Lima Beans Whole Wheat Bread Pineapple Tidbits	<b>9</b> Ham, Broccoli, & Brown Rice Bake Whole Kernel Corn Green Peas Seasonal Fruit Chef's Dessert
<b>12</b> Closed for Holiday  Veterans Day (observed)	<b>13</b> Chicken Cacciatore Breast Whole Grain Spaghetti Seasoned Spinach Tropical Fruit	<b>14</b> Meatloaf w/ Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Pears	<b>15</b> Turkey Harvest Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing	<b>16</b> <b>BIRTHDAY PARTY</b> Oven Fried Chicken Brown Rice Green Beans Pineapple Tidbits Chef's Dessert
<b>19</b> Pork Chili Verde Brown Rice Fiesta Vegetable Blend Saltine Crackers Tropical Fruit	<b>20</b> Oven Fried Chicken Whipped Potatoes w/ Gravy Green Peas Whole Wheat Bread Seasonal Fruit	<b>21</b> Turkey Breast w/ Gravy Glazed Ham Cornbread Dressing Whipped Potatoes Green Beans, Roll Fruit, Pumpkin Pie Cranberry Sauce	<b>22</b> Thanksgiving  Closed for Holiday	<b>23</b>  Closed for Holiday
<b>26</b> Grilled Pork Patty Mushroom Gravy Oven Roasted Potatoes Green Beans Whole Wheat Bread Seasonal Fruit	<b>27</b> Turkey Breast w/ Gravy Whipped Potatoes Glazed Carrots Whole Wheat Bread Seasonal Fruit	<b>28</b> Beef Taco Salad Seasonal Fruit Taco Sauce Saltine Crackers	<b>29</b> Oven Fried Chicken Dirty Brown Rice German Coleslaw Peach Crisp	<b>30</b> Beef Chili w/ Beans O'Brien Potatoes Broccoli Saltine Crackers Tropical Fruit Chef's Dessert

"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