



JANUARY 2017 Lunch Menu

Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>HOLIDAY New Year's Day CLOSED</p>	<p>3</p> <p>Salisbury Steak Brown Gravy Garlic Whipped Potatoes Green Beans w/ Tomatoes Multi Grain Bread Tropical Fruit</p>	<p>4</p> <p>Ham w/ Raisin Sauce Mashed Spiced Yams Mixed Vegetable Blend Cornbread Seasonal Fruit</p>	<p>5</p> <p>Swedish Meatballs Egg Noodles Green Peas Wheat Bread Fresh Orange </p>	<p>6</p> <p>Sausage w/ Onions & Peppers Tater Tot Casserole Coleslaw Hot Dog Bun Mixed Fruit Crisp</p>
<p>9</p> <p>Breaded Pollock Parslied Rice Mozzarella Tomatoes Multi Grain Bread Seasonal Fruit </p>	<p>10</p> <p>Country Fried Steak Country Gravy Whipped Potatoes Sliced Carrots Wheat Bread Applesauce </p>	<p>11</p> <p>Pork Loin BBQ Sauce Baked Beans Fiesta Corn Wheat Roll Seasonal Fruit </p>	<p>12</p> <p>Chicken & Noodles Lima Beans Capri Vegetable Blend Cornbread Strawberry Glazed Fruit </p>	<p>13</p> <p>Hamburger Patty Lettuce & Tomato Tater Puffs Copper Pennies Hamburger Bun Apple Raisin Compote </p>
<p>16 Martin Luther King Day</p> <p>HOLIDAY Martin Luther King Day CLOSED</p>	<p>17</p> <p>Beef Enchilada Pie Mexican Rice Tossed Salad Spiced Mixed Fruit </p>	<p>18</p> <p>Grilled Chicken Breast Onion Gravy Dirty Rice Green Beans Wheat Roll Strawberry Applesauce</p>	<p>19</p> <p>Turkey Breast w/ Gravy Roasted Sweet Potatoes Broccoli & Carrots Multi Grain Bread Banana Pudding </p>	<p>20 Inauguration Day</p> <p>Meatloaf Brown Gravy Whipped Potatoes Herbed Green Beans Tropical Fruit Birthday Party </p>
<p>23</p> <p>Sloppy Joe Delmonico Potatoes Lyonnais Green Beans Hamburger Bun Seasonal Fruit </p>	<p>24</p> <p>Turkey Primavera Lima Beans Whole Kernel Corn Multi Grain Bread Tropical Fruit</p>	<p>25</p> <p>Beef Spaghetti Sauce Spaghetti Noodles Green Peas Tossed Salad Texas Bread Hot Glazed Peaches</p>	<p>26</p> <p>Turkey Ham Pineapple Sauce Northern Beans Glazed Carrots Wheat Bread Mixed Fruit</p>	<p>27</p> <p>Dijon Pork Patty Au Gratin Potatoes Capri Vegetable Blend Multi Grain Bread Seasonal Fruit </p>
<p>30</p> <p> Creole Steak Whipped Potatoes Zucchini w/ Tomatoes Multi Grain Bread Seasonal Fruit</p>	<p>31</p> <p>Fiesta Chicken Yellow Rice Broccoli Wheat Bread Mandarin Oranges & Pineapple</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 11:30 am - 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.

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