










# APRIL 2017 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
  				
<p><b>3</b></p> <p>Chicken Pot Pie                       Green Beans                      Harvard Beets                      Wheat Bread                      Seasonal Fruit</p>	<p><b>4</b></p> <p>Breaded Pollock                       Mashed Spiced Yams                      Broccoli Florets                       Multi Grain Bread                      Pineapple Tidbits</p>	<p><b>5</b></p> <p>Creole Steak                       Garlic Whipped Potatoes                      Cooked Mixed Greens                      Cornbread                      Applesauce</p>	<p><b>6</b></p> <p>Chicken Cassoulet                       Seasoned Couscous                      Okra &amp; Tomatoes                      Wheat Bread                      Tropical Fruit</p>	<p><b>7 World Health Day</b></p> <p>Pork Carnitas                      Brussels Sprouts                      Tater Puffs                      Hamburger Bun                      Fresh Banana</p>
<p><b>10</b></p> <p>Honey Glazed Pork Patty                       Macaroni &amp; Cheese                      Spring Vegetable Blend                      Wheat Bread                      Tropical Fruit</p>	<p><b>11</b></p> <p>Minestrone Soup                       Sliced Turkey Breast                      Swiss Cheese                      Lettuce &amp; Tomato                      Apple Broccoli Salad                      Wheat Bread                      Cranberry Cocktail Juice</p>	<p><b>12</b></p> <p>Taco Chicken Chili                       Cajun Rice                      Seasoned Spinach                      Saltine Crackers                      Fresh Orange</p>	<p><b>13</b></p> <p>Swedish Meatballs                      Egg Noodles                      Broccoli                      Wheat Bread                      Applesauce w/ Pears</p>	<p><b>14</b></p> <p>Lemon Pepper Fish                      Rice Florentine                      Sliced Carrots                      Cornbread                      Seasonal Fruit</p>
<p><b>17</b></p> <p>Chicken Enchilada Pie                      Fiesta Vegetable Blend                      Pinto Beans                      Wheat Bread                      Fresh Orange</p>	<p><b>18 Taxes Due</b></p> <p>Beef Strip Steak                      Brown Onion Gravy                      Ranch Potatoes                      Side Salad                      Wheat Bread                      Applesauce w/ Apples</p>	<p><b>19</b></p> <p>Pork Roast                      Sweet &amp; Sour Sauce                      Fried Rice                      Japanese Vegetable Blend                      Dinner Roll                      Tropical Fruit</p>	<p><b>20</b></p> <p>Sliced Turkey Breast                      Raisin Sauce                      Baked Sweet Potato                      Garden Vegetable Blend                      Multi Grain Bread                      Fresh Banana</p>	<p><b>21 Good Friday</b></p> <p>Oven Fried Chicken                       Parslied Rice                      Pinto Beans                      Cornbread                      Seasonal Fruit                      Birthday Party</p>
<p><b>24</b></p> <p>Breaded Pork Patty                       w/ Gravy                      Mashed Spiced Yams                      Harvard Beets                      Wheat Bread                      Tropical Fruit</p>	<p><b>25</b></p> <p>Chicken Fettuccini                      Glazed Carrots                      Harvard Beets                      Texas Bread                      Seasonal Fruit</p>	<p><b>26</b></p> <p>Garden Turkey                       Cranberry Salad                      Saltine Crackers                      Fresh Banana                      Macadamia Nut Cookie</p>	<p><b>27</b></p> <p>Hamburger Patty                      Lettuce &amp; Tomato                      Delmonico Potatoes                      Mixed Vegetables                      Hamburger Bun                      Mixed Fruit Crisp</p>	<p><b>28 Arbor Day</b></p> <p>Krab Cake                       Dill Sauce                      Mixed Beans                      Broccoli Florets                      Wheat Roll                      Applesauce</p>

"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 by 12:00 PM - at least ONE WEEK BEFORE**

Meals are served at 11:30 am - Suggested Senior Donation 60+ \$3.50 - Non-Senior fee is \$6.00

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**