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| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <p>3</p> <p>Breaded Pollock w/ Lemon Sauce<br/>Roasted Potato Medley<br/>Carrots &amp; Limas<br/>Wheat Bread<br/>Seasonal Fruit</p>   | <p>4 Independence Day</p> <p><b>HOLIDAY</b><br/>Mira Mesa Site<br/><b>CLOSED</b></p>    | <p>5</p> <p>Baked Chicken Breast w/ Gravy<br/>Garlic Whipped Potatoes<br/>Okra, Tomatoes &amp; Corn<br/>Multi Grain Bread<br/>Strawberry Glazed Fruit</p>    | <p>6</p> <p>Tuna Macaroni Salad<br/>Green Pea Salad<br/>Carrot Slaw<br/>Wheat Crackers<br/>Fresh Bananas</p>    | <p>7</p> <p>Chicken Marsala Thigh<br/>Brown Rice<br/>Mixed Vegetables<br/>Wheat Bread<br/>Tropical Fruit</p>                                    |
| <p>10</p> <p>Glazed Turkey Ham<br/>Twice Whipped Potatoes<br/>Green Peas<br/>Wheat Roll<br/>Pineapple Tidbits</p>               | <p>11</p> <p>BBQ Rib Patty<br/>Ranch Beans<br/>Corn Relish Salad<br/>Hamburger Bun<br/>Cinnamon Applesauce</p>           | <p>12</p> <p>Stuffed Salmon w/ Dill Sauce<br/>Yellow Rice<br/>Broccoli Florets<br/>Multi Grain Bread<br/>Seasonal Fruit</p>    | <p>13</p> <p>Garden Turkey &amp; Cranberry Salad<br/>Wheat Crackers<br/>Mandarin Oranges<br/>Chocolate Chip Cookies</p>    | <p>14</p> <p>Pizzaiola Beef Patty<br/>Garlic Red Pepper Penne<br/>Peas &amp; Carrots<br/>Wheat Bread<br/>Seasonal Fruit<br/>Chef's Dessert</p>  |
| <p>17</p> <p>Dijon Pork Patty<br/>Lyonnais Potatoes<br/>Tuscany Vegetable Blend<br/>Multi Grain Bread<br/>Seasonal Fruit</p>   | <p>18</p> <p>Chicken Al Pastor<br/>Creole Sauce<br/>Au Gratin Noodles<br/>Brussels Sprouts<br/>Wheat Bread<br/>Fresh Orange</p>   | <p>19</p> <p>Creole Steak<br/>Rosemary Oven-Roasted Potatoes<br/>Capri Vegetable Blend<br/>Multi Grain Bread<br/>Seasonal Fruit</p>    | <p>20</p> <p>Chicken Enchiladas<br/>Spanish Rice<br/>Whole Kernel Corn<br/>Fresh Banana<br/>Milk</p>    | <p>21 BIRTHDAY PARTY</p> <p>Turkey Chili<br/>Brown Rice<br/>Okra &amp; Tomatoes<br/>Cornbread<br/>Tropical Fruit</p>                            |
| <p>24</p> <p>Chicken Alfredo<br/>Carrots Amandine<br/>Zucchini w/ Tomatoes<br/>Wheat Bread<br/>Seasonal Fruit</p>    | <p>25</p> <p>Meatloaf w/ Onion Gravy<br/>Whipped Potatoes<br/>Chuckwagon Corn<br/>Cornbread<br/>Tropical Fruit</p>   | <p>26</p> <p>Sweet &amp; Sour Pork Roast<br/>Brown Rice<br/>Japanese Vegetable Blend<br/>Multi Grain Bread<br/>Fruit Cocktail</p>   | <p>27</p> <p>Oven Fried Chicken<br/>Roasted Potato Medley<br/>Capri Vegetable Blend<br/>Wheat Roll<br/>Seasonal Fruit</p>    | <p>28</p> <p>Turkey Sausage w/ Onions &amp; Peppers<br/>Cilantro Lime Coleslaw<br/>Mexican Corn<br/>Hot Dog Bun<br/>Apple Raisin Compote</p>  |
| <p>31</p> <p>Potato Crusted Pollock<br/>Cheesy Rice<br/>Mixed Vegetables<br/>Wheat Roll<br/>Seasonal 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 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