

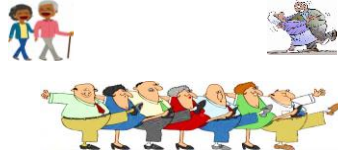




# August

# 2017 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Hamburger Patty Lettuce & Tomato Copper Pennies Mexican Corn Hamburger Bun Spiced Apples	<b>2</b> Country Fried Steak w/ Country Gravy Garlic Whipped Potatoes Spinach Multi Grain Bread Fresh Banana 	<b>3</b> Pork Stir Fry Fried Rice Japanese Vegetable Blend Multi Grain Bread Fresh Orange Fortune Cookie 	<b>4</b> Swedish Meatballs Egg Noodles Stewed Tomatoes Wheat Bread Tropical Fruit 
<b>7</b> Sloppy Joe Whole Kernel Corn Spring Vegetable Blend Hamburger Bun Tropical Fruit 	<b>8</b> Chicken Cacciatore Thigh Scalloped Potatoes Green Beans w/ Onions Multi Grain Bread Seasonal Fruit 	<b>9</b> Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Wheat Bread Fresh Orange Chef's Dessert 	<b>10</b> Garlic Rosemary Chicken Breast Roasted Sweet Potatoes Brussels Sprouts Multi Grain Bread Strawberry Glazed Fruit 	<b>11</b> Beef Taco Meat Lettuce & Tomato Fiesta Vegetable Blend Corn O'Brien Flour Tortilla Applesauce w/ Apples 
<b>14</b> Breaded Pollock w/ Lemon Sauce Roasted Potato Medley Carrots & Limas Wheat Bread Seasonal Fruit 	<b>15</b> Beef Spaghetti Sauce Spaghetti Noodles Side Salad Wheat Roll Mixed Fruit Crisp  	<b>16</b> Baked Chicken Breast w/ Gravy Garlic Whipped Potatoes Okra, Tomatoes, Corn Multi Grain Bread Strawberry Glazed Fruit 	<b>17</b> Tuna Macaroni Salad Green Pea Salad Carrot Slaw Wheat Crackers Fresh Banana 	<b>18</b> BIRTHDAY PARTY Chicken Marsala Brown Rice Mixed Vegetables Wheat Bread Tropical Fruit  
<b>21 Senior Citizens Day</b>  Glazed Turkey Ham Twice Whipped Potatoes Green Peas Wheat Roll Pineapple Tidbits 	<b>22</b> BBQ Rib Patty Ranch Beans Corn Relish Salad Hamburger Bun Cinnamon Applesauce 	<b>23</b> Stuffed Salmon w/ Dill Sauce Yellow Rice Broccoli Florets Multi Grain Bread Seasonal Fruit 	<b>24</b>  Garden Turkey & Cranberry Salad Wheat Crackers Mandarin Oranges Chocolate Chip Cookies 	<b>25</b> Pizziola Beef Patty Garlic Red Pepper Penne Peas & Carrots Wheat Bread Seasonal Fruit Chef's Dessert 
<b>28</b> Dijon Pork Patty Lyonnaise Potatoes Tuscany Vegetable Blend Multi Grain Bread Seasonal Fruit 	<b>29</b> Chicken Al Pastor Creole Sauce Au Gratin Noodles Brussels Sprouts Wheat Bread Fresh Orange  	<b>30</b> Creole Steak Rosemary Oven Roasted Potatoes Capri Vegetable Blend Multi Grain Bread Seasonal Fruit 	<b>31</b> Chicken Enchiladas Spanish Rice Whole Kernel Corn Fresh Banana 	<b>Happy Senior Citizens Day!</b> 

"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