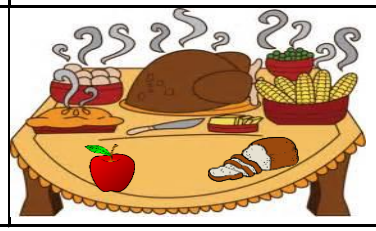
8460 Mira Mesa Blvd. San Diego, 92126

Meals containing more than 1000 mg of sodium

SERVING SENIORS

November 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Thanksgiving		1 Broccoli Cheese Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot Pineapple Slaw Whole Wheat Tortilla Seasonal Fruit	2 Maple Glazed- Chicken Breast Oven Roasted Potatoes Lima Beans Multi-Grain Bread Pineapple Tidbits	3 Set Clocks Back on Sunday Turkey WG Pasta Skillet Whole Kernel Corn Brussels Sprouts Biscuit Seasonal Fruit
6 Sausage w/ Onions & Peppers Baked Beans Mixed Vegetables Hot Dog Bun Seasonal Fruit	7 Oven Fried Chicken Cheesy Brown Rice Green Beans Strawberry Glazed Fuit	8 Meatloaf w/ Brown Gravy Garlic Whipped Potatoes Brussels Sprouts Multi-Grain Bread Peaches	9 Turkey Club Salad Whole Grain- Saltine Crackers Seasonal Fruit Ranch Salad Dressing	10 HOLIDAY Veterans Day (Observed) CLOSED
13 Pork Chili Verde Brown Rice Fiesta Vegetable Blend Saltine Crackers Tropical Fruit	14 Oven Fried Chicken Whipped Potatoes w/ Brown Gravy Green Peas Whole Wheat Bread Seasonal Fruit	15 Sloppy Joe Whole Kernel Corn Green Beans Hamburger Bun Applesauce	16 Parmesan Chicken Whole Grain Penne Pasta Seasoned Spinach Fresh Orange	17 BIRTHDAY PARTY Tomato Basil Soup Tuna Salad Bread, Lettuce, Tomato Cucumber Tomato Salad Fruit Cocktail Chocolate Chip Cookie
20 Grilled Pork w/ Mushrooms Oven Roasted Potatoes Green Beans Multi-Grain Bread Seasonal Fruit	21 Oven Fried Chicken Dirty Brown Rice Coleslaw Peach Crisp	22 Turkey Breast w/ Gravy Glazed Ham Cornbread Dressing Whipped Potatoes Green Bean Amandine Cranberry Sauce Pumpkin Pie	23 Thanksgiving Day Closed for Holiday	24 Closed for Holiday
27 Salisbury Steak Onion Gravy Whipped Potatoes Ratatouille Multi-Grain Bread Seasonal Fruit	28 Oven Fried Chicken Whole Kernel Corn Brussels Sprouts Whole Wheat Bread Seasonal Fruit	29 Breaded Pollock Brown Rice Florentine Glazed Carrots Whole Wheat Bread Seasonal Fruit	30 Minestrone Soup Sliced Turkey Ham Lettuce & Tomato Apple Broccoli Salad Whole Wheat Bread Strawberry Glazed Fruit	

"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, treenuts, fish & shellfish