SERVING SENIORS PRIL 2018 Lunch Menu

Meals containing more than 1000 mg of sodium

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Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach W.W. Dinner Roll Mixed Fruit	Baked Chicken Jezebel Apple Salsa Cilantro Lime Brown Rice Mixed Vegetables Seasonal Fruit	Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Fruit Crisp	Turkey Club Salad Saltine Crackers Seasonal Fruit	Oven Fried- Chicken Drumsticks Oven Roasted Potatoes Green Beans Whole Wheat Bread Mixed Fruit
9 Turkey Ham, Broccoli & Brown Rice Bake Green Peas Glazed Carrots Pineapple Tidbits	Country Fried Steak Country Gravy Twice Whipped Potatoes Green Beans Whole Wheat Bread Applesauce	Oven Fried- Chicken Drumsticks Dirty Brown Rice Capri Vegetable Blend Seasonal Fruit	Grilled Pork Tomato Basil Sauce Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Peaches	Corn Chowder Tuna Salad Lettuce & Tomato Cucumber Salad W.W. Pita Pocket Seasonal Fruit
Sausage w/ Onions & Peppers Baked Beans Whole Kernel Corn W.W. Hot Dog Bun Tropical Fruit	Oven Fried- Chicken Drumsticks Ranch Potatoes Mixed Vegetables Whole Wheat Bread Seasonal Fruit	Chilaquiles Bake Mexican Brown Rice Fiesta Vegetable Blend Mixed Fruit	Chef Salad Saltine Crackers Seasonal Fruit	20 BIRTHDAY PARTY BBQ Chicken Baked Beans Potato Salad Whole Wheat Bread Seasonal Fruit
Ham Macaroni & Chees Green Peas Creole Tomatoes W.W. Dinner Roll Seasonal Fruit	24 Hamburger Patty Lettuce & Tomato Tater Tots Mixed Vegetables W.W. Hamburger Bun Seasonal Fruit	Tomato Basil Soup Sliced Turkey Breast Swiss Cheese Lettuce & Tomato Potato Salad	Oven Fried- Chicken Drumsticks Whole Kernel Corn Sliced Carrots Whole Wheat Bread Mixed Fruit	27 Arbor Day Honey Glazed Pork Mashed Spiced Yams Green Beans Whole Wheat Bread Seasonal Fruit
BBQ Pork Rib Patty Potato Wedges Glazed Carrots W.W. Hamburger Bun Tropical Fruit		Happy Eas	ster M	

<sup>&</sup>quot;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 12:00 pm - 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. - \*\* Menu Subject to Change Without Notice \*\*