



Monday	Tuesday	Wednesday	Thursday	Friday
	1 May Day Turkey Ham & White Beans Brown Rice Seasoned Spinach Mixed Fruit	2 Oven Fried-Chicken Drumsticks Scalloped Potatoes Brussels Sprouts Whole Wheat Bread Seasonal Fruit	3 Beef Taco Salad W.W. Tortilla Seasonal Fruit Taco Sauce	4 Potato Crusted Fish Cilantro Lime-Brown Rice Mixed Vegetables Tropical Fruit
7 Oven Fried-Chicken Drumsticks Cheesy Brown Rice Green Beans Seasonal Fruit	8 Minestrone Soup Sliced Turkey Ham Cheese, Lettuce, Tomato Beet Salad Whole Wheat Bread Cranberry Cocktail Juice	9 Swiss Steak Garlic Whipped Potatoes Green Peas Whole Wheat Roll Pineapple Tidbits	10 Baked Chicken Mornay Sauce Cut Yams Tuscany Vegetable Blend Whole Wheat Bread Seasonal Fruit	11 Pork Chili Verde Buttered Rice Fiesta Vegetable Blend W.W. Flour Tortilla Seasonal Fruit
14 Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach W.W. Dinner Roll Mixed Fruit	15 Baked Chicken Jezebel Apple Salsa Cilantro Lime-Brown Rice Mixed Vegetables Seasonal Fruit	16 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Fruit Crisp	17 Turkey Club Salad Saltine Crackers Seasonal Fruit	18 BIRTHDAY PARTY Oven Fried-Chicken Drumsticks Oven Roasted Potatoes Green Beans Whole Wheat Bread Mixed Fruit
21 Turkey Ham, Broccoli, & Brown Rice Bake Green Peas Glazed Carrots Pineapple Tidbits	22 Country Fried Steak Country Gravy Twice Whipped Potatoes Green Beans Whole Wheat Bread Applesauce	23 Oven Fried-Chicken Drumsticks Dirty Brown Rice Capri Vegetable Blend Seasonal Fruit	24 Grilled Pork Tomato Basil Sauce Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Peaches	25 Corn Chowder Tuna Salad Lettuce & Tomato Cucumber Salad W.W. Pita Pocket
28 Memorial Day Holiday Closed for the Holiday	29 Oven Fried-Chicken Drumsticks Ranch Potatoes Mixed Vegetables Whole Wheat Bread Seasonal Fruit	30 Chilaquiles Bake Mexican Brown Rice Fiesta Vegetable Blend Mixed Fruit	31 Chef Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing	 OLDER AMERICANS MONTH ENGAGE AT EVERY AGE. MAY 2018

"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 **

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