





**JUNE**

# 2018 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>May all you wonderful <i>Dads</i> enjoy a <i>Happy Father's Day</i></p>			<p>1 Meatloaf Onion Gravy Whipped Potatoes Glazed Carrots W.W. Dinner Roll Strawberry Glazed Fruit</p>
<p>4 Ham Macaroni &amp; Cheese Green Peas Creole Tomatoes W.W. Dinner Roll Seasonal Fruit</p>	<p>5 Hamburger Patty Lettuce &amp; Tomato Tater Tots Mixed Vegetables W.W. Hamburger Bun Seasonal Fruit</p>	<p>6 Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Potato Salad Whole Wheat Bread Seasonal Fruit</p>	<p>7 Oven Fried- Chicken Drumsticks Whole Kernel Corn Sliced Carrots Whole Wheat Bread Mixed Fruit</p>	<p>8 Honey Glazed Pork Mashed Spiced Yams Green Beans Whole Wheat Bread Seasonal Fruit</p>
<p>11 BBQ Pork Rib Patty Potato Wedges Glazed Carrots W.W. Hamburger Bun Tropical Fruit</p>	<p>12 Turkey Ham &amp; White Beans Brown Rice Seasoned Spinach Mixed Fruit</p>	<p>13 Oven Fried- Chicken Drumsticks Scalloped Potatoes Brussels Sprouts Whole Wheat Bread Seasonal Fruit</p>	<p>14 Beef Taco Salad Whole Grain- Tortilla Chips Seasonal Fruit</p>	<p>15 <b>BIRTHDAY PARTY</b> Potato Crusted Fish Cilantro Lime Brown Rice Mixed Vegetables Tropical Fruit</p>
<p>18 Oven Fried- Chicken Drumsticks Cheesy Brown Rice Green Beans Seasonal Fruit</p>	<p>19 Minestrone Soup Sliced Turkey Ham Cheese, Lettuce, Tomato Beet Salad Whole Wheat Bread Cranberry Cocktail Juice</p>	<p>20 Swiss Steak Garlic Whipped Potatoes Green Peas Whole Wheat Roll Pineapple Tidbits</p>	<p>21 <b>Summer Begins</b> Baked Chicken Mornay Sauce Cut Yams Tuscany Vegetable Blend Whole Wheat Bread Seasonal Fruit</p>	<p>22 Pork Chili Verde Buttered Rice Fiesta Vegetable Blend W.W. Flour Tortilla Seasonal Fruit</p>
<p>25 Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach W.W. Dinner Roll Mixed Fruit</p>	<p>26 Baked Chicken Jezebel Apple Sauce Cilantro Lime Brown Rice Mixed Vegetables Seasonal Fruit</p>	<p>27 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Fruit Crisp</p>	<p>28 Turkey Club Salad Saltine Crackers Seasonal Fruit</p>	<p>29 Oven Fried- Chicken Drumsticks Oven Roasted Potatoes Green Beans Whole Wheat Bread Mixed 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 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, treenuts, fish & shellfish