



2018 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Oven Fried Chicken  Delmonico Potatoes Seasoned Spinach Whole Wheat Bread Seasonal Fruit  	3 Hamburger Patty  Cheese, Lettuce, Tomato O'Brien Potatoes Whole Kernel Corn Hamburger Bun Watermelon Brownie 	4 Independence Day HOLIDAY CLOSED for the Holiday 	5 Pork Stir Fry  Brown Rice Fiesta Vegetable Blend Tropical Fruit  	6 Turkey Breast w/ Gravy  Whipped Potatoes Mixed Vegetables Whole Wheat Bread Mixed Fruit  
9 Breaded Fish Confetti Brown Rice Green Beans Seasonal Fruit  	10 Vegetable Soup Chicken Salad Lettuce & Tomato German Coleslaw Whole Wheat Bread Strawberry Glazed Fruit	11 Grilled Pork  Mushroom Gravy Oven Roasted Potatoes Peas & Carrots Whole Wheat Bread Seasonal Fruit	12 Beef Spaghetti Sauce Whole Grain Spaghetti Mixed Vegetables Mixed Fruit  	13 Oven Fried Chicken  Brown Rice Florentine Sliced Carrots Seasonal Fruit Chef's Dessert 
16 BBQ Chicken Breast Cheesy Brown Rice Glazed Carrots Mixed Fruit  	17 Garden Turkey Salad  Saltine Crackers Seasonal Fruit Salad Dressing 	18 Swiss Steak Wild Rice Seasoned Spinach Mandarin Oranges  	19 Oven Fried Chicken  Garlic Whipped Potatoes Peas & Carrots Whole Wheat Bread Seasonal Fruit 	20 BIRTHDAY PARTY Breaded Fish  Corn O'Brien Broccoli Whole Wheat Roll Tropical Fruit Tartar Sauce
23 Meatloaf w/ Onion Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Roll Seasonal Fruit 	24 Ham, Broccoli, & Brown Rice Bake Glazed Carrots Tropical Fruit 	25 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Vegetables Mixed Fruit Crisp Salad Dressing 	26 Minestrone Soup Tuna Salad Lettuce & Tomato Cucumber & Tomato Salad W.W. Pita Pocket Tropical Fruit	27 Oven Fried Chicken  Whole Kernel Corn Green Beans Whole Wheat Roll Seasonal Fruit Chef's Dessert 
30 Swedish Meatballs Penne Pasta Broccoli Mixed Fruit  	31 Sausage w/  Onions & Peppers Tater Tot Casserole Green Beans W.W. Hot Dog Bun  Peaches	  <div style="border: 2px solid red; padding: 10px; display: inline-block;">  <i>Happy 4th of July!</i>  </div> 		

"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 **