

**AUGUST 2018 Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Oven Fried Chicken Cilantro Lime Brown Rice Summer Vegetable Blend Seasonal Fruit 	2 Beef Taco Salad Fluffy Fruit Salad Taco Sauce  	3 Glazed Turkey Ham  Mashed Spiced Yams Seasoned Spinach Whole Wheat Roll Seasonal Fruit 
6 Breaded Fish Cheesy Brown Rice Glazed Carrots Tropical Fruit Tartar Sauce  	7 Oven Fried Chicken  Ranch Potatoes Capri Vegetable Blend Whole Wheat Bread Strawberry Glazed Fruit	8 Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot & Raisin Salad W. W. Tortilla Mixed Fruit 	9 Beef Patty Mushroom Gravy Roasted Potato Medley Italian Vegetable Blend Whole Wheat Bread Pineapple Tidbits	10 Turkey Divan Penne Pasta Stewed Tomatoes Tropical Fruit Chef's Dessert 
13 Oven Fried Chicken  Delmonico Potatoes Seasoned Spinach Whole Wheat Bread Seasonal Fruit 	14 Ham Macaroni & Cheese  Green Peas  California Vegetable Blend Whole Wheat Bread Cinnamon Applesauce 	15 Chef Salad  Saltine Crackers Seasonal Fruit Salad Dressing 	16 Pork Stir Fry Brown Rice Fiesta Vegetable Blend Tropical Fruit 	17 BIRTHDAY PARTY Turkey Breast w/ Gravy  Whipped Potatoes  Mixed Vegetables Whole Wheat Bread Mixed Fruit  
20 Breaded Fish Confetti Brown Rice Green Beans Seasonal Fruit Tartar Sauce  	21 Senior Citizen's Day Beef Spaghetti Sauce Whole Grain Spaghetti Mixed Vegetables  Mixed Fruit 	22 Grilled Pork Mushroom Gravy Oven Roasted Potatoes  Peas & Carrots Whole Wheat Bread  Seasonal Fruit	23 Vegetable Soup Chicken Salad Lettuce & Tomato  German Coleslaw Whole Wheat Bread Strawberry Glazed Fruit	24 Oven Fried Chicken  Brown Rice Florentine Sliced Carrots Seasonal Fruit Chef's Dessert 
27 BBQ Chicken Breast Cheesy Brown Rice Glazed Carrots Mixed Fruit  	28 Swiss Steak  Wild Rice Seasoned Spinach Mandarin Oranges 	29 Garden Turkey Salad Saltine Crackers Seasonal Fruit Salad Dressing  	30 Oven Fried Chicken  Garlic Whipped Potatoes Peas & Carrots Whole Wheat Bread Seasonal Fruit 	31 Breaded Fish Corn O'Brien Broccoli Whole Wheat Roll Tropical Fruit Tartar Sauce

"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