



September 2018 Lunch Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p><i>a day to</i> CELEBRATE the ACHIEVEMENTS <i>of our</i> AMERICAN WORKFORCE</p> <p style="text-align: center;">Happy Labor Day</p>   | | | | |
| <p>3 Labor Day</p> <p>HOLIDAY </p> <p>CLOSED for the Holiday</p> | <p>4 BBQ Pork Rib Patty Baked Beans  Coleslaw Hamburger Bun Peach Cobbler </p> | <p>5 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Vegetables Mixed Fruit Crisp Salad Dressing</p>  | <p>6 Minestrone Soup Tuna Salad  Lettuce & Tomato Cucumber & Tomato Salad W.W. Pita Pocket Tropical Fruit</p> | <p>7 Oven Fried Chicken  Whole Kernel Corn Green Beans Whole Wheat Roll Seasonal Fruit Chef's Dessert</p> |
| <p>10 Swedish Meatballs Whole Grain Penne Pasta Broccoli Mixed Fruit</p>  | <p>11 911 Remembrance Sausage w/  Onions & Peppers Tater Tot Casserole Green Beans W.W. Hot Dog Bun Peaches</p>  | <p>12 Oven Fried Chicken Cilantro Lime Brown Rice Summer Vegetable Blend Seasonal Fruit</p>   | <p>13 Beef Taco Salad Fluffy Fruit Salad Taco Sauce</p>    | <p>14 Glazed Turkey Ham  Mashed Spiced Yams Seasoned Spinach Whole Wheat Roll Seasonal Fruit </p> |
| <p>17 Breaded Fish Cheesy Brown Rice Glazed Carrots Tropical Fruit Tartar Sauce</p>  | <p>18  Oven Fried Chicken  Ranch Potatoes Capri Vegetable Blend Whole Wheat Bread Stawberry Glazed Fruit</p>  | <p>19 Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot & Raisin Salad Whole Wheat Tortilla Mixed Fruit</p>  | <p>20 Beef Patty Mushroom Gravy Roasted Potato Medley Italian Vegetable Blend Whole Wheat Bread Pineapple Tidbits</p> | <p>21 BIRTHDAY PARTY Turkey Divan Whole Grain Penne Pasta Stewed Tomatoes Tropical Fruit  Chef's Dessert</p> |
| <p>24 Fall Begins Oven Fried Chicken  Delmonico Potatoes Seasoned Spinach Whole Wheat Bread Seasonal Fruit</p> | <p>25 Ham Macaroni & Cheese  Green Peas  California Vegetable Blend Whole Wheat Bread Cinnamon Applesauce</p>   | <p>26 Chef Salad  Saltine Crackers Seasonal Fruit Salad Dressing</p>  | <p>27 Pork Stir Fry Brown Rice Fiesta Vegetable Blend Tropical Fruit</p>  | <p>28 <i>Gratitude</i> Turkey Breast w/ Gravy  Whipped Potatoes Mixed Vegetables 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, tree nuts, fish & shellfish