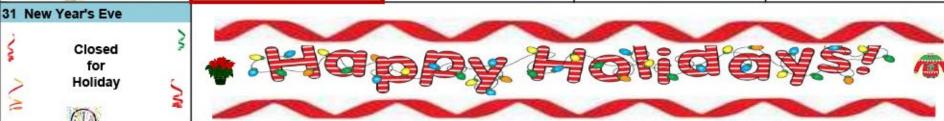
8460 Mira Mesa Blvd. San Diego, 92126

Meals containing more than 1000 mg of sodium

## ecember 2018 Lunch Menu



	Monday	luesday	wednesday	Inursday	Friday
3	Salisbury Steak Onion Gravy Whipped Potatoes Peas & Carrots Whole Wheat Bread Seasonal Fruit	4 Oven Fried Chicken Whole Kernel Corn Brussels Sprouts Whole Wheat Bread Seasonal Fruit	5 Breaded Fish Tater Tots Glazed Carrots W.W. Hamburger Bun Seasonal Fruit Tartar Sauce	Minestrone Soup Chicken Salad Apple Broccoli Salad Whole Wheat Bread Strawberry Glazed Fruit	Hamburger Patty & Bun Lettuce & Tomato Baked Beans Mixed Vegetables Pineapple Tidbits Chef's Dessert
10	Oven Fried Chicken Mashed Spiced Yams Mixed Vegetables Whole Wheat Bread Tropical Fruit	Honey Glazed- Grilled Pork Confetti Brown Rice Green Peas Mixed Fruit	Chef Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing	13 M Sausage & Red Beans Brown Rice Capri Vegetable Blend Seasonal Fruit	14 Beef Patty w/ Gravy Whipped Potatoes Green Beans Whole Wheat Bread Pineapple Tidbits Chef's Dessert
17		18	19	20	21 BIRTHDAY PARTY
	Beef Strip Steak Onion Gravy Brown Rice Pilaf Green Beans Seasonal Fruit	Oven Fried Chicken Macaroni & Cheese Glazed Carrots Whole Wheat Bread Mixed Fruit	Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot Pineapple Salad W.W. Tortilla Seasonal Fruit	Maple Glazed- Chicken Breast Roast Potato Medley Lima Beans Whole Wheat Bread Pineapple Tidbits	Cornish Hen Cornbread Dressing Whipped Potatoes Green Peas Whole Wheat Roll Seasonal Fruit Frosted Carrot Cake
24	Christmas Eve	25 Christmas Day	26	27 景天具代章	28
	Closed for Holiday	Closed for Holiday	Closed for Holiday	Closed for Holiday	Closed for Holiday
-		***************************************		A. A	



<sup>&</sup>quot;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 \*\*