



January 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
 happy new year	1 New Year's Day <i>Closed for Holiday</i>	2 Tomato Basil Soup Tuna Salad Lettuce & Tomato Cucumber & Tomato Salad Whole Wheat Bread Fruit Cocktail	3 Parmesan Chicken Penne Pasta Seasoned Spinach Fresh Orange 	4 Sloppy Joe Whole Kernel Corn Green Beans W.W. Hamburger Bun Applesauce Chef's Dessert
7 Whole Grain-Crusted Fish Macaroni & Cheese Glazed Carrots Seasonal Fruit Tartar Sauce	8 Turkey Sausage & Red Beans Brown Rice Mixed Vegetables Pineapple Tidbits 	9 Minestrone Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Ambrosia Fruit Salad	10 Oven Fried Chicken Whipped Potatoes Green Beans Cornbread Seasonal Fruit 	11 Turkey Spaghetti Sauce Whole Grain Spaghetti Corn & Brussels Sprouts Spiced Mixed Fruit Chef's Dessert
14 Country Fried Steak Country Gravy Whipped Potatoes Broccoli Whole Wheat Bread Seasonal Fruit 	15 Oven Fried Chicken Cheesy Penne Pasta Sliced Carrots Mixed Fruit 	16 Garden Turkey Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing 	17 Hamburger Patty Lettuce & Tomato Oven Roasted Potatoes Pinto Beans W.W. Hamburger Bun Seasonal Fruit 	18 BIRTHDAY PARTY BBQ Chicken Breast Whole Grain Pasta Salad Green Beans Hot Pineapple Tidbits Chef's Dessert
21 Martin Luther King <i>Closed for Holiday</i> 	22 Grilled Pork w/ Pineapple Sauce Delmonico Potatoes Mixed Vegetables Whole Wheat Bread Seasonal Fruit	23 Swedish Meatballs Whole Grain Penne Broccoli Seasonal Fruit 	24 Cream of Tomato Soup Tuna Salad Lettuce & Tomato Three Bean Salad Whole Wheat Bread Tropical Fruit	25 Turkey Divan Whipped Potatoes Sliced Carrots Multi-Grain Bread Seasonal Fruit Chef's Dessert
28 Curry Chicken Brown Rice Peas & Carrots Seasonal Fruit 	29 Italian Beef w/ Whole Grain Pasta Whole Kernel Corn Broccoli Fruit Cocktail	30 Sausage w/ Onions & Peppers Baked Beans Coleslaw W.W. Hot Dog Bun Hot Mixed Fruit	31 Beef Taco Salad Saltine Crackers Fluffy Fruit Salad Taco Sauce 	 Exercise New Year Resolutions

"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