



Monday	Tuesday	Wednesday	Thursday	Friday
 MEMORIAL DAY Remember Those Who Served		1 May Day Beef Taco Salad  Tortilla Chips Fresh Apple Taco Sauce 	2 Oven Fried Chicken Scalloped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Orange 	3 Potato Crusted Fish Cilantro Lime Brown Rice Mixed Vegetables Tropical Fruit  Chef's Dessert
6 Oven Fried Chicken  Cheesy Brown Rice Green Beans Pineapple Tidbits 	7 Minestrone Soup  Sliced Turkey Ham Cheese, Lettuce, Tomato Beet Salad Whole Wheat Bread Fresh Orange	8 Swiss Steak Garlic Whipped Potatoes Green Peas Whole Wheat Roll Pineapple Tidbits 	9 Baked Chicken Mornay Sauce  Cut Yams Tuscany Vegetable Blend Whole Wheat Bread Fresh Banana	10 Pork Chili Verde  Buttered Rice Fiesta Vegetable Blend W.W. Flour Tortilla Fresh Apple Chef's Dessert
13 Grilled Pork w/ Mushrooms  Delmonico Potatoes Seasoned Spinach W.W. Dinner Roll Strawberry Glazed Fruit	14 Baked Chicken Jezebel Apple Salsa Cilantro Lime Brown Rice Mixed Vegetables Fresh Apple 	15 Turkey Club Salad Saltine Crackers Fresh Orange Ranch Salad Dressing 	16 Beef Spaghetti Sauce  Whole Grain Spaghetti Side Salad Mixed Fruit Crisp Italian Salad Dressing 	17 BIRTHDAY PARTY  Oven Fried Chicken Oven Roasted Potatoes Green Beans Whole Wheat Bread Mixed Fruit
20 Turkey Ham, Broccoli, & Brown Rice Bake Green Peas Glazed Carrots Pineapple Tidbits  	21 Country Fried Steak Country Gravy Twice Whipped Potatoes Green Beans Whole Wheat Bread Applesauce	22 Corn Chowder  Tuna Salad Lettuce & Tomato Cucumber Salad W.W. Pita Pocket Fresh Banana  	23 Oven Fried Chicken Dirty Brown Rice Capri Vegetable Blend Fresh Apple 	24 Grilled Pork Tomato Basil Sauce Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Peaches  Chef's Dessert
27 Memorial Day       HOLIDAY CLOSED for the HOLIDAY	28 Oven Fried Chicken  Ranch Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple 	29 Chef Salad Saltine Crackers Fresh Orange Ranch Salad Dressing 	30 Picadillo Beef  Mexican Brown Rice Fiesta Vegetable Blend Fresh Banana 	31 Honey Mustard Chicken Cheesy Brown Rice Club Spinach Mixed Fruit Chef's Dessert 

"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