





























# AUGUST 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Celebrate Senior Citizens Day August 21st</b></p>				
<p>5</p> <p>Turkey Divan Whole Grain Penne Pasta Country Tomatoes Tropical Fruit Milk</p> 	<p>6</p> <p>Cuban Pork Black Beans Summer Vegetable Blend Whole Wheat Bread Mixed Fruit</p> 	<p>7</p> <p>Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot &amp; Raisin Salad Whole Wheat Tortilla Mixed Fruit</p> 	<p>1</p> <p>Oven Fried Chicken  Cilantro Lime Brown Rice Summer Vegetable Blend Fresh Banana</p> 	<p>2</p> <p>Salisbury Steak Brown Gravy Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Fresh Pear  Chef's Dessert</p>
<p>12</p> <p>Oven Fried Chicken  Delmonico Potatoes Seasoned Spinach Whole Wheat Bread Fresh Apple</p> 	<p>13</p> <p>Cheeseburger Macaroni Green Peas California Veggie Blend Whole Wheat Bread Cinnamon Applesauce</p> 	<p>14</p> <p>Chef Salad  Saltine Crackers Fresh Plum Salad Dressing</p> 	<p>15</p> <p>Pork Stir Fry Brown Rice Mixed Vegetables Tropical Fruit</p>   	<p>16 <b>BIRTHDAY PARTY</b></p> <p>Salisbury Steak Mushroom Gravy Whipped Potatoes Seasoned Green Beans Whole Wheat Bread Fresh Banana</p>
<p>19</p> <p>Chicken Fried Rice Mixed Greens Red Bean Pilaf Mixed Fruit</p> 	<p>20</p> <p>Vegetable Soup Chicken Salad Lettuce &amp; Tomato German Coleslaw Whole Wheat Bread Mixed Fruit</p>	<p>21 <b>Senior Citizens Day</b></p> <p>Grilled Pork Mushroom Gravy Oven Roasted Potatoes Peas &amp; Carrots Whole Wheat Bread Fresh Orange</p> 	<p>22</p> <p>Sloppy Joe  Baked Beans Capri Vegetables W.W. Hamburger Bun Pineapple Tidbits</p> 	<p>23</p> <p>Breaded Fish Confetti Brown Rice Garden Vegetables Fresh Banana Chef's Dessert</p> 
<p>26</p> <p>BBQ Chicken Breast Cheesy Brown Rice Glazed Carrots Mixed Fruit</p> 	<p>27</p> <p>Swiss Steak Whipped Potatoes Seasoned Spinach Whole Wheat Bread Mandarin Oranges</p>	<p>28</p> <p>Garden Turkey Salad  Saltine Crackers Fresh Apple Salad Dressing</p> 	<p>29</p> <p>Oven Fried Chicken  Garlic Whipped Potatoes Peas &amp; Carrots Whole Wheat Bread Fresh Banana</p> 	<p>30</p> <p>Breaded Fish Corn O'Brien Broccoli Whole Wheat Bread Tropical Fruit Chef's Dessert</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