8460 Mira Mesa Blvd, San Diego, 92126



SECTEMBER

Tuecday

Cinnamon Applesauce

2019 Lunch Menu

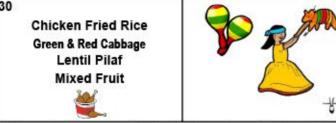
Meals containing more than 1000 mg of sodium

Thureday



	wonday	Tuesday	wednesday	Inursday	Friday
2	Labor Day	3	4	5	6
		Chicken Fajitas	Minestrone Soup	Beef Spaghetti Sauce	Hamburger Patty & Bun
	HOLIDAY	Corn & Tomatoes	Tuna Salad	Whole Grain Spaghetti	Lettuce & Tomato
	Closed for the	Whole Wheat Tortilla	Lettuce & Tomato	Side Salad	Pinto Beans
	Holiday	Spiced Mixed Fruit	Cucumber & Tomato Salad	Mixed Vegetables	Mixed Vegetables
	126	alletta Anni lettari la	Whole Wheat Bread	Spiced Peaches	Fresh Banana
	L末		Tropical Fruit	-Miles	Chef's Dessert
9		Sausage w/	11 911 Remembrance	12	13
	Swedish Meatballs		Beef Taco Salad	Oven Fried Chicken	Salisbury Steak
	Penne Pasta	Onions & Peppers	Fluffy Fruit Salad	Cilantro Lime Brown Rice	Brown Gravy
	Broccoli	Tater Tot Casserole	Taco Sauce	Summer Vegetable Blend	Whipped Potatoes
	Mixed Fruit	Green Beans		Fresh Banana	Capri Vegetable Blend
		W.W. Hot Dog Bun		≝	Whole Wheat Roll
		Peaches	6.11		Fresh Pear
	68	<u> </u>	<u> </u>	X	Chef's Dessert
16		17	18	19	20 BIRTHDAY PARTY
	Turkey Divan	Cuban Pork	Corn Chowder	Breaded Fish	Beef Patty w/ Gravy
	Penne Pasta	Black Beans	Sliced Turkey Breast	Cheesy Brown Rice	Roasted Potato Medley
	Country Tomatoes	Summer Vegetable Blend	Cheese, Lettuce, Tomato	Glazed Carrots	Italian Vegetable Blend
	Tropical Fruit	Whole Wheat Bread	Carrot & Raisin Salad	Tropical Fruit	Whole Wheat Bread
	MEXICO	Mixed Fruit	Whole Wheat Tortilla	oratitude.	Pineapple Tidbits
	\$ m - m j	CO.	Mixed Fruit		Chef's Dessert
23	Fall Begins Oven Fried Chicken	24	25	26	27
		Cheeseburger Macaroni	Chef Salad	Pork Stir Fry	Bean Tamale Pie
	Delmonico Potatoes	Green Peas	Saltine Crackers	Brown Rice	Corn O'Brien
	Seasoned Spinach	California Vegetable Blend	Fresh Plum	Mixed Vegetables	Fiesta Vegetable Blend
	Whole Wheat Bread	Whole Wheat Bread	Salad Dressing	Tropical Fruit	Whole Wheat Bread

Wedneeday



Fresh Apple





Mixed Fruit

"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, treenuts, fish & shellfish