



October 2019 Lunch Menu



Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday
 Columbus Day 1492 Columbus Day	1 Oven Fried Chicken Brown Rice Green Beans Pineapple Tidbits 	2 Oriental Chicken Salad Saltine Crackers Seasonal Fruit 	3 Meatloaf Brown Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Seasonal Fruit 	4 Breaded Fish Roasted Potatoes Glazed Carrots Whole Wheat Bread Seasonal Fruit Chef's Dessert
7 Pork Chili Verde Brown Rice Fiesta Vegetable Blend Saltine Crackers Tropical Fruit 	8 Swedish Meatballs Whole Grain Penne Pasta Capri Vegetable Blend Fresh Orange 	9 Minestrone Soup Tuna Salad Lettuce & Tomato Cucumber Tomato Salad Whole Wheat Bread Fluffy Fruit Salad	10 Beef Chow Mein Brown Rice Oriental Vegetables Ginger Carrots Seasonal Fruit 	11 Sloppy Joe Whole Kernel Corn Green Beans W.W. Hamburger Bun Applesauce Chef's Dessert
14 Columbus Day Cuban Pork Black Beans & Rice Garden Vegetables W.W. Hamburger Bun Seasonal Fruit 	15 Beef Chili w/ Beans O'Brien Potatoes Broccoli Saltine Crackers Tropical Fruit 	16 Beef Taco Salad Seasonal Fruit Taco Sauce 	17 Breaded Fish Cilantro Lime Brown Rice California Vegetable Blend Mixed Fruit Tartar Sauce 	18 BIRTHDAY PARTY Oven Fried Chicken Dirty Brown Rice Coleslaw Hot Sliced Peaches Chef's Dessert
21 Turkey Ham Cranberry Sauce Brown Rice Corn & Limas Fresh Orange 	22 Baked Chicken Lemon Sauce Roasted Sweet Potatoes Sautéed Greens Whole Wheat Bread Seasonal Fruit 	23 Chef Salad Saltine Crackers Seasonal Fruit Ranch Dressing 	24 Citrus Pepper Salmon Lemon Butter Sauce Brown Rice Broccoli Mixed Fruit 	25 Hamburger Patty & Bun Lettuce & Tomato Pinto Beans Garden Vegetables Pineapple Tidbits Chef's Dessert
28 Oven Fried Chicken Roasted Potatoes Broccoli & Carrots Whole Wheat Bread Tropical Fruit 	29 Pork Carnitas Lettuce & Tomato Black Beans esta Vegetable Blend Whole Wheat Tortilla Mixed Fruit 	30 Fall Harvest Turkey Salad Multi-Grain Bread Seasonal Fruit Ranch Dressing 	31 Halloween Sausage w/ Onions & Peppers Dilled Carrots Herb Potato Salad Hot Dog Bun Pineapple Tidbits Chocolate Pudding	

"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