



# December 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2  Turkey Ham Cranberry Sauce Brown Rice Corn & Lima Beans Fresh Orange	3 Lemon Chicken Breast Roasted Sweet Potatoes Sautéed Greens Whole Wheat Bread Seasonal Fruit	4 Chef Salad Saltine Crackers Seasonal Fruit Ranch Dressing	5 Citrus Pepper Salmon Lemon Butter Sauce Brown Rice Broccoli Mixed Fruit	6  Hamburger Patty & Bun Lettuce & Tomato Pinto Beans Garden Vegetables Pineapple Tidbits Chef's Dessert
9 Oven Fried Chicken Roasted Potatoes Broccoli & Carrots Whole Wheat Bread Tropical Fruit	10  Pork Carnitas Lettuce & Tomato Black Beans Fiesta Vegetables Whole Wheat Tortilla Mixed Fruit Taco Sauce	11  Turkey Harvest Salad Multigrain Bread Seasonal Fruit Ranch Dressing	12  Sausage over Brown Rice Red Beans Carrots & Green Beans Fresh Orange	13 Chicken Cacciatore Breast Whole Grain Spaghetti Sautéed Spinach Tropical Fruit Chef's Dessert
16 Country Fried Steak Country Gravy Whipped Potatoes Sliced Carrots Whole Wheat Bread Mixed Fruit	17 Lemon Pepper Fish Brown Rice Pilaf Winter Vegetables Seasonal Fruit Chef's Dessert Tartar Sauce	18 Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot Pineapple Salad Whole Wheat Tortilla Seasonal Fruit	19 Stuffed Pasta Shells Tomato Basil Cream Sauce Creamed Spinach Whole Kernel Corn Whole Wheat Bread Mixed Fruit	20 <b>BIRTHDAY PARTY</b> Maple Glazed-Chicken Breast Roasted Potato Medley Lima Beans Whole Wheat Bread Pineapple Tidbits
23 Closed for Holiday	24 <b>Christmas Eve</b> Closed for Holiday	25 <b>Christmas Day</b> Closed for Holiday	26 Closed for Holiday	27 Closed for Holiday
30 Closed for Holiday	31 <b>New Year's Eve</b> Closed for Holiday			

"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