





# JANUARY 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1 New Year's Day</b> <b>HOLIDAY</b> New Year's Day <b>CLOSED for the Holiday</b>	<b>2</b> Sloppy Joe Oven Roasted Potatoes Winter Vegetables W.W. Hamburger Bun Mixed Fruit	<b>3</b> Whole Grain Crusted Fish Cheesy Penne Pasta Glazed Carrots Fresh Orange Cookie
<b>6</b> Country Fried Steak Country Gravy Cheesy Brown Rice Broccoli Whole Wheat Bread Fresh Fruit	<b>7</b> Oven Fried Chicken Whipped Potatoes Sliced Carrots Mixed Fruit	<b>8</b> Garden Turkey Salad Saltine Crackers Fresh Fruit Ranch Salad Dressing	<b>9</b> Hamburger Patty Lettuce, Tomato, Pickle & Onion Oven Roasted Potatoes W.W. Hamburger Bun Hot Mixed Fruit	<b>10</b> BBQ Chicken Breast Pasta Salad Green Beans Hot Pineapple Tidbits Pudding
<b>13</b> Turkey Divan Whipped Potatoes Sliced Carrots Whole Wheat Bread Fresh Fruit	<b>14</b> Grilled Pork w/ Pineapple Sauce Delmonico Potatoes Glazed Beets Whole Wheat Bread Fresh Fruit	<b>15</b> Cream of Tomato Soup Tuna Salad Lettuce & Tomato Three Bean Salad Whole Wheat Bread Tropical Fruit	<b>16</b> Citrus Pepper Salmon Brown Rice Corn & Lima Beans Fresh Fruit	<b>17 BIRTHDAY PARTY</b> Chicken Alfredo Whole Grain Spaghetti Green Peas Pineapple Tidbits Cookie
<b>20 Martin Luther King Jr. Day</b> <b>HOLIDAY</b> CLOSED for the Holiday	<b>21</b> Curry Chicken Brown Rice Peas & Carrots Fresh Fruit	<b>22</b> Beef Taco Salad in W.W. Tortilla Fluffy Fruit Salad Taco Sauce	<b>23</b> Turkey Swedish Meatballs Whole Grain Penne Broccoli Fresh Fruit	<b>24</b> Oven Fried Chicken Dirty Brown Rice Green Beans Fresh Fruit Pudding
<b>27</b> Meatloaf Brown Gravy Whipped Potatoes Green Beans Whole Wheat Bread Mixed Fruit	<b>28</b> BBQ Pork Rib Patty Pinto Beans Coleslaw W.W. Hamburger Bun Hot Cherry Applesauce	<b>29</b> Corn Chowder Turkey Breast Cheese, Lettuce, Tomato Carrot Raisin Salad Whole Wheat Tortilla Fresh Fruit	<b>30</b> Oven Fried Chicken Tater Tot Casserole Brussels Sprouts Whole Wheat Bread Pineapple Tidbits	<b>31</b> Cajun Lemon - Pepper Fish Cheesy Brown Rice Green Beans Pineapple Tidbits Cookie

"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