



Meals containing more than 1000 mg of sodium

APRIL 2017 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 April Fool's Day Beef Tamale Pie Mixed Beans Glazed Carrots Wheat Bread Seasonal Fruit
3 Chicken Pot Pie Green Beans Harvard Beets Wheat Bread Seasonal Fruit	4 Breaded Pollock Mashed Spiced Yams Broccoli Florets Multi Grain Bread Pineapple Tidbits	5 Creole Steak Garlic Whipped Potatoes Cooked Mixed Greens Cornbread Applesauce	6 Chicken Cassoulet Seasoned Couscous Okra & Tomatoes Wheat Bread Tropical Fruit	7 World Health Day Pork Carnitas Brussels Sprouts Tater Puffs Hamburger Bun Fresh Banana	8 Lasagna Casserole Italian Vegetable Blend Cucumer & Tomato Salad Texas Bread Apple Raisin Compote	9 Savory Chicken Breast Black-Eyed Peas Garden Vegetable Blend Multi Grain Bread Seasonal Fruit
10 Honey Glazed Pork Patty Macaroni & Cheese Spring Vegetable Blend Wheat Bread Tropical Fruit	11 Minestrone Soup Sliced Turkey Breast Swiss Cheese Lettuce & Tomato Apple Broccoli Salad Wheat Bread Cranberry Cocktail Juice	12 Taco Chicken Chili Cajun Rice Seasoned Spinach Saltine Crackers Fresh Orange	13 Swedish Meatballs Egg Noodles Broccoli Wheat Bread Applesauce w/ Pears	14 Lemon Pepper Fish Rice Florentine Sliced Carrots Cornbread Seasonal Fruit	15 Baked Chicken Breast Mornay Sauce Oven Roasted Potato Medley French Green Beans Multi Grain Bread Strawberry Glazed Fruit	16 Easter Pineapple Glazed Turkey Ham Mashed Spiced Yams Brussels Sprouts Multi Grain Bread Seasonal Fruit Carrot Cake
17 Chicken Enchilada Pie Fiesta Vegetable Blend Pinto Beans Wheat Bread Fresh Orange	18 Taxes Due Beef Strip Steak Brown Onion Gravy Ranch Potatoes Side Salad Wheat Bread Applesauce w/ Apples	19 Pork Roast Sweet & Sour Sauce Fried Rice Japanese Vegetable Blend Dinner Roll Tropical Fruit	20 Sliced Turkey Breast Raisin Sauce Baked Sweet Potato Garden Vegetable Blend Multi Grain Bread Fresh Banana	21 Oven Fried Chicken Parslied Rice Pinto Beans Cornbread Seasonal Fruit	22 Earth Day Tuna Salad Pasta Salad Fluffy Fruit Salad Saltine Crackers Sugar Cookie	23 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Multi Grain Bread Seasonal Fruit
24 Breaded Pork Patty w/ Gravy Mashed Spiced Yams Green Peas w/ Red Peppers Wheat Bread Tropical Fruit	25 Chicken Fettuccini Glazed Carrots Harvard Beets Texas Bread Seasonal Fruit	26 Garden Turkey Cranberry Salad Saltine Crackers Fresh Banana Macadamia Nut Cookie	27 Hamburger Patty Lettuce & Tomato Delmonico Potatoes Mixed Vegetables Hamburger Bun Mixed Fruit Crisp	28 Arbor Day Krab Cake Dill Sauce Mixed Beans Broccoli Florets Wheat Roll Applesauce	29 Chicken Enchiladas Enchilada Sauce Mexican Rice Chuckwagon Corn Pineapple Tidbits	30 Italian Beef Macaroni Tuscany Vegetable Blend Lima Beans Multi Grain Bread Seasonal Fruit

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Donations for Seniors: \$1.00 per meal \$4.00 non senior

MENU SUBJECT TO CHANGE

No eligible person shall be denied a meal because of failure or inability to contribute.

