



Meals containing more than 1000 mg of sodium

MAY 2017 Lunch Menu



HONOR
and
REMEMBER
★★★★★

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1 May Day Beef Stew Parslied Rice Capri Vegetable Blend Multi Grain Bread Seasonal Fruit 	2 Chicken Salad Macaroni Salad California Salad Saltine Crackers Seasonal Fruit 	3 Beef Spaghetti Sauce Spaghetti Noodles Squash & Zucchini Texas Bread Strawberry Glazed Fruit 	4 Breaded Chicken Patt'y Sliced Cheese Tater Puffs Spring Vegetable Blend Hamburger Bun Fresh Orange 	5 Cinco de Mayo Chicken Fajita Lettuce & Tomato Mexican Rice Pinto Beans Flour Tortilla Pineapple Tidbits  	6 Breaded Pollock Lemon Sauce Cheesy Rice Mediterranean Veggies Wheat Roll Tropical Fruit 	7 Taco Meat Shredded Cheese Lettuce & Tomato Corn O'Brien Flour Tortilla Seasonal Fruit 	
8 Sausage w/ Onion & Pepper Summer Vegetable Blend Ranch Beans Hot Dog Bun Cinnamon Applesauce 	9 Baked Chicken Breast Chicken Gravy Dirty Rice Creole Green Beans Wheat Bread Fresh Banana 	10 Tomato Basil Soup Sliced Ham Swiss Cheese Lettuce & Tomato Tomato Cucumber Salad Wheat Bread Cranberry Cocktail Juice 	11 Sausage w/ Red Beans Parslied Rice Okra, Tomatoes, Corn Cornbread Seasonal Fruit 	12 Breaded Fish Green Peas w/ Onion Coleslaw Hamburger Bun Rosy Applesauce 	13 Three Way Chili Glazed Carrots Pineapple Beets Saltine Crackers Fresh Orange 	14 Mother's Day Garlic Rosemary Chicken Breast Confetti Rice Capri Vegetable Blend Dinner Roll Heavenly Fruit Salad 	
15 Chicken Pot Pie Green Beans Harvard Beets Wheat Bread Seasonal Fruit 	16 Breaded Pollock Mashed Spiced Yams Broccoli Florets Multi Grain Bread Pineapple Tidbits 	17 Creole Steak Garlic Whipped Potatoes Cooked Mixed Greens Cornbread Applesauce 	18 Chicken Cassoulet Seasoned Couscous Okra & Tomatoes Wheat Bread Tropical Fruit 	19 Pork Carnitas Brussels Sprouts Tater Puffs Hamburger Bun Fresh Banana 	20 Lasagna Casserole Italian Vegetable Blend Cucumber Tomato Salad Texas Bread Apple Raisin Compote 	21 Savory Chicken Breast Black-Eyed Peas Garden Vegetable Blend Multi Grain Bread Seasonal Fruit 	
22 Honey Glazed Pork Patty Macaroni & Cheese Spring Vegetable Blend Wheat Bread Tropical Fruit 	23 Minestrone Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Apple Broccoli Salad Wheat Bread Cranberry Cocktail Juice 	24 Taco Chicken Chili Cajun Rice Seasoned Spinach Saltine Crackers Fresh Orange 	25 Swedish Meatballs Egg Noodles Broccoli Wheat Bread Applesauce w/ Pears 	26 Lemon Pepper Fish Rice Florentine Sliced Carrots Cornbread Seasonal Fruit 	27 Baked Chicken Breast Mornay Sauce Potato Medley French Green Beans Multi Grain Bread Strawberry Glazed Fruit 	28 Sliced Turkey Breast w/ Gravy Lemon Orzo Creole Tomatoes Dinner Roll Peaches & Pineapple 	
29 Memorial Day Sloppy Joe Tater Puffs Coleslaw Hamburger Bun Peach Crisp 	30 Beef Strip Steak Brown Onion Gravy Ranch Potatoes Side Salad Wheat Bread Applesauce w/ Apples 	31 Pork Roast Sweet & Sour Sauce Fried Rice Japanese Vegetable Blend Dinner Roll Tropical 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.



