



August 2017 Lunch Menu

Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 Hamburger Patty Lettuce & Tomato Copper Pennies Mexican Corn Hamburger Bun Spiced Apples</p>	<p>2 Country Fried Steak w/ Country Gravy Garlic Whipped Potatoes Spinach Multi Grain Bread Fresh Banana</p>	<p>3 Pork Stir Fry Fried Rice Japanese Vegetable Blend Multi Grain Bread Fresh Orange Fortune Cookie</p>	<p>4 Swedish Meatballs Egg Noodles Stewed Tomatoes Wheat Bread Tropical Fruit</p>	<p>5 Chicken Salad Venetian Pasta Salad Green Bean & Tomato Salad Saltine Crackers Seasonal Fruit</p>	<p>6 Grilled Pork Patty w/ Mushrooms Delmonico Potatoes French Green Beans Wheat Bread Diced Peaches</p>	
<p>7 Sloppy Joe Whole Kernel Corn Spring Vegetable Blend Hamburger Bun Tropical Fruit</p>	<p>8 Chicken Cacciatore Breast Scalloped Potatoes Green Beans w/ Onions Multi Grain Bread Seasonal Fruit</p>	<p>9 Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Wheat Bread Fresh Orange Chef's Dessert</p>	<p>10 Garlic Rosemary Chicken Breast Roasted Sweet Potatoes Brussels Sprouts Multi Grain Bread Strawberry Glazed Fruit</p>	<p>11 Beef Taco Meat Lettuce & Tomato Fiesta Vegetable Blend Corn O'Brien Flour Tortilla Applesauce w/ Apples</p>	<p>12 Salisbury Steak w/ Onion Gravy Brown Rice Summer Vegetable Blend Wheat Bread Seasonal Fruit</p>	<p>13 Grilled Pork Patty Brown Gravy Ranch Potatoes Tuscany Vegetable Blend Multi Grain Bread Fresh Orange</p>
<p>14 Breaded Pollock w/ Lemon Sauce Roasted Potato Medley Carrots & Limas Wheat Bread Seasonal Fruit</p>	<p>15 Beef Spaghetti Sauce Spaghetti Noodles Side Salad Wheat Roll Mixed Fruit Crisp</p>	<p>16 Baked Chicken Breast w/ Gravy Garlic Whipped Potatoes Okra, Tomatoes, Corn Multi Grain Bread Strawberry Glazed Fruit</p>	<p>17 Tuna Macaroni Salad Green Pea Salad Carrot Slaw Wheat Crackers Fresh Banana</p>	<p>18 Chicken Marsala Brown Rice Mixed Vegetables Wheat Bread Tropical Fruit</p>	<p>19 Pork Chili Verde Macaroni & Cheese Cooked Mixed Greens Wheat Roll Seasonal Fruit</p>	<p>20 Chilaquiles Casserole Mexican Rice Pinto Beans Multi Grain Bread Fresh Orange</p>
<p>21 Senior Citizens Day Glazed Turkey Ham Twice Whipped Potatoes Green Peas Wheat Roll Pineapple Tidbits</p>	<p>22 BBQ Rib Patty Ranch Beans Corn Relish Salad Hamburger Bun Cinnamon Applesauce</p>	<p>23 Stuffed Salmon w/ Dill Sauce Yellow Rice Broccoli Florets Multi Grain Bread Seasonal Fruit</p>	<p>24 Garden Turkey & Cranberry Salad Wheat Crackers Mandarin Oranges Chocolate Chip Cookies</p>	<p>25 Pizzaiola Beef Patty Garlic Red Pepper Penne Peas & Carrots Wheat Bread Seasonal Fruit Chef's Dessert</p>	<p>26 Stuffed Pepper Casserole Chuckwagon Corn Seasoned Spinach Wheat Bread Seasonal Fruit</p>	<p>27 Oven Fried Chicken Brown Rice Red Beans Cornbread Mixed Fruit</p>
<p>28 Dijon Pork Patty Lyonnaise Potatoes Tuscany Vegetable Blend Multi Grain Bread Seasonal Fruit</p>	<p>29 Chicken Al Pastor Creole Sauce Au Gratin Noodles Brussels Sprouts Wheat Bread Fresh Orange</p>	<p>30 Creole Steak Rosemary Oven Roasted Potatoes Capri Vegetable Blend Multi Grain Bread Seasonal Fruit</p>	<p>31 Chicken Enchiladas Spanish Rice Whole Kernel Corn Fresh Banana</p>	<p><i>Happy Senior Citizens Day!</i></p>		

"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.



