



Meals containing more than 1000 mg of sodium

# OCTOBER 2017 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>30</b> Sweet & Sour Chicken Fried Rice Japanese Vegetable Blend Multi Grain Bread Seasonal Fruit 	<b>31 Halloween</b> Pork Carnitas w/ BBQ Sauce Hawaiian Baked Beans Broccoli Hamburger Bun Applesauce Halloween Cookie 	<h2>Happy Halloween</h2>					<b>1</b> Chilaquillas Casserole Mexican Rice Pinto Beans Multi Grain Bread Fresh Orange
<b>2</b> Sloppy Joe Delmonico Potatoes Herbed Green Beans Hamburger Bun Applesauce	<b>3</b> Pork Chili Verde Brown Rice Spiced Carrots Tropical Fruit 	<b>4</b> Baked Chicken Breast Tomato Basil Sauce Garlic Red Pepper Penne Broccoli Whole Wheat Bread Seasonal Fruit 	<b>5</b> Sliced Turkey Breast w/ Gravy Roasted Sweet Potatoes Spinach Multi Grain Bread Tropical Fruit 	<b>6</b> Parmesan Chicken Patty Lemon Orzo Harvard Beets Whole Wheat Bread Fresh Orange 	<b>7</b> Macaroni & Cheese Sliced Carrots Broccoli Florets Whole Wheat Bread Pineapple Tidbits	<b>8</b> Swiss Steak Whipped Potatoes Green Peas Wheat Roll Seasonal Fruit	
<b>9 Columbus Day</b> Grilled Pork w/ Mushrooms Oven Roasted Potatoes Green Beans w/ Tomatoes Multi Grain Bread Seasonal Fruit 	<b>10</b> Krab Cake Dill Sauce Ranch Beans Mixed Vegetables Wheat Roll Seasonal Fruit	<b>11</b> Turkey Ham Cheese, Lettuce, Tomato Green Pea Salad Cucumber & Tomato Salad Whole Wheat Bread Fresh Banana 	<b>12</b> Beef Chili Brown Rice Chuckwagon Corn Cornbread Fresh Orange 	<b>13</b> Tuna Salad Venetian Pasta Salad Side Salad Wheat Crackers Tropical Fruit 	<b>14</b> Oven Fried Chicken Ranch Potatoes Okra & Tomatoes Multi Grain Bread Seasonal Fruit 	<b>15</b> Turkey Taco Lettuce & Tomato Brown Rice Fiesta Vegetable Blend Tortilla Mixed Fruit 	
<b>16</b> Pepper Beef Steak Whipped Potatoes Ratatouille Multi Grain Bread Seasonal Fruit 	<b>17</b> Turkey Noodle Casserole Whole Kernel Corn Brussels Sprouts Whole Wheat Bread Seasonal Fruit 	<b>18</b> Lemon Pepper Chicken Breast Seasoned Couscous Garden Vegetable Blend Whole Wheat Bread Mixed Fruit 	<b>19</b> Breaded Pollock Yellow Rice Spinach Multi Grain Bread Seasonal Fruit 	<b>20</b> Hamburger Patty Lettuce, Tomato, Onion Baked Beans Mixed Vegetables Hamburger Bun Cinnamon Applesauce	<b>21</b> Chicken & Sausage Jambalaya Creole Green Beans Country Tomatoes Multi Grain Bread Peach Crisp 	<b>22</b> Glazed Turkey Ham Macaroni & Cheese Green Peas Whole Wheat Bread Seasonal Fruit 	
<b>23</b> Baked Chicken Breast w/ Gravy Mashed Spiced Yams Stewed Tomatoes Whole Wheat Bread Seasonal Fruit	<b>24</b> Hungarian Pork Oven Roasted Potatoes Garlic Broccoli Multi Grain Bread Mixed Fruit	<b>25</b> Garden Turkey Salad Wheat Crackers Fresh Banana Butter Pecan Cookie 	<b>26</b> Turkey Sausage w/ Red Beans Brown Rice Okra & Tomatoes Cornbread Seasonal Fruit 	<b>27</b> Beef Patty w/ Mushroom Gravy Whipped Potatoes Herbed Green Beans Multi Grain Bread Pineapple Tidbits 	<b>28</b> Breaded Fish Lettuce & Tomato Tater Puffs Coleslaw Hamburger Bun Apple Raisin Compote	<b>29</b> Beef Italian Macaroni Harvard Beets Ginger Carrots Whole Wheat 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.





