



Meals containing more than 1000 mg of sodium

# December 2017 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>We wish you a Merry Christmas We wish you a Merry Christmas...</p>				<p>1  Hamburger Patty Lettuce, Tomato, Onion Baked Beans Mixed Vegetables Hamburger Bun Cinnamon Applesauce</p>	<p>2  Chicken &amp; Sausage Jambalaya Green Beans Whole Kernel Corn Peach Crisp</p>	<p>3  Glazed Ham Macaroni &amp; Cheese Green Peas Whole Wheat Roll Seasonal Fruit</p>
<p>4 Hungarian Pork Oven Roasted Potatoes Seasoned Spinach Whole Wheat Bread Mixed Fruit</p>	<p>5 Oven Fried Chicken Mashed Spiced Yams Broccoli Multi Grain Bread Tropical Fruit</p>	<p>6 Fall Harvest Chicken Salad Wheat Crackers Seasonal Fruit Ranch Dressing</p>	<p>7 Turkey Sausage w/ Red Beans Brown Rice Capri Vegetable Blend Seasonal Fruit</p>	<p>8 Beef w/ Mushroom Gravy Whipped Potatoes Green Beans Whole Wheat Roll Pineapple Tidbits</p>	<p>9 Breaded Fish Lettuce &amp; Tomato Tater Tots Coleslaw Hamburger Bun Apple Brown Betty</p>	<p>10 Italian Beef &amp; Whole Grain Penne Green Peas Sliced Carrots Seasonal Fruit</p>
<p>11 Beef Strip Steak w/ Onion Gravy Garlic Whipped Potatoes Green Beans Whole Wheat Bread Fruit Cocktail</p>	<p>12 Oven Fried Chicken Macaroni &amp; Cheese Glazed Carrots Whole Wheat Roll Mixed Fruit</p>	<p>13 Broccoli Cheese Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot Pineapple Slaw Whole Wheat Tortilla Seasonal Fruit</p>	<p>14 Maple Glazed- Chicken Breast Oven Roasted- Potato Medley Lima Beans Multi Grain Bread Pineapple Tidbits</p>	<p>15 Turkey Whole Grain- Pasta Skillet Whole Kernel Corn Brussels Sprouts Biscuit Seasonal Fruit</p>	<p>16 Beef Spaghetti Sauce Whole Grain Spaghetti Green Peas w/ Peppers Applesauce</p>	<p>17 Lemon Pepper Fish Confetti Brown Rice Tuscany Vegetable Blend Seasonal Fruit</p>
<p>18 Sausage w/ Onion &amp; Peppers Baked Beans Mixed Vegetables Hot Dog Bun Seasonal Fruit</p>	<p>19 Oven Fried Chicken Cheesy Brown Rice Green Beans Strawberry Glazed Fruit</p>	<p>20 Meatloaf w/ Brown Gravy Garlic Whipped Potatoes Brussels Sprouts Multi Grain Bread Peaches</p>	<p>21 Turkey Club Salad Wheat Crackers Seasonal Fruit Ranch Salad Dressing</p>	<p>22 Chicken Cacciatore Whole Grain Spaghetti Seasoned Spinach Tropical Fruit</p>	<p>23 BBQ Pork Rib Patty Whole Kernel Corn Cilantro Lime Coleslaw Hamburger Bun Mixed Fruit Crisp</p>	<p>24 Christmas Eve Swedish Meatballs Whole Grain Penne Capri Vegetable Blend Seasonal Fruit</p>
<p>25 Christmas Cornish Hen Mornay Sauce Cornbread Dressing Whipped Potatoes Green Peas Wheat Roll, Fruit Iced Carrot Cake</p>	<p>26 Oven Fried Chicken Whipped Potatoes w/ Brown Gravy Green Peas Whole Wheat Bread Seasonal Fruit</p>	<p>27 Sloppy Joe Whole Kernel Corn Green Beans Hamburger Bun Applesauce</p>	<p>28 Parmesan Chicken Whole Grain Penne Seasoned Spinach Fresh Orange</p>	<p>29 Tomato Basil Soup Tuna Salad Lettuce &amp; Tomato Cucumber Tomato Salad Multi-Grain Bread Fruit Cocktail Chocolate Chip Cookie</p>	<p>30 Macaroni &amp; Cheese Sliced Carrots Broccoli Whole Wheat Bread Pineapple Tidbits</p>	<p>31 New Year's Eve Swiss Steak Whipped Potatoes Green Peas Multi-Grain Bread Seasonal Fruit</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.







