



APRIL 2018 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 BBQ Pork Rib Patty Potato Wedges Glazed Carrots W.W. Hamburger Bun Tropical Fruit 	<p>Happy Easter</p>					1 Easter Ham w/ Raisin Sauce Scalloped Potatoes Brussels Sprouts W.W. Dinner Roll Tropical Fruit Chef's Dessert
2 Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach W.W. Dinner Roll Mixed Fruit	3 Baked Chicken Jezebel Apple Salsa Cilantro Lime Brown Rice Mixed Vegetables Seasonal Fruit 	4 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Fruit Crisp	5 Turkey Club Salad Saltine Crackers Seasonal Fruit 	6 Oven Fried-Chicken Drumsticks Oven Roasted Potatoes Green Beans Whole Wheat Bread Mixed Fruit 	7 World Health Day Tuna Noodle Au Gratin Lima Beans Sliced Carrots Seasonal Fruit 	8 Grilled Pork Pineapple Sauce Wild Rice Broccoli Seasonal Fruit
9 Turkey Ham, Broccoli & Brown Rice Bake Green Peas Glazed Carrots Pineapple Tidbits 	10 Country Fried Steak Country Gravy Twice Whipped Potatoes Green Beans Whole Wheat Bread Applesauce 	11 Oven Fried-Chicken Drumsticks Dirty Brown Rice Capri Vegetable Blend Seasonal Fruit 	12 Grilled Pork Tomato Basil Sauce Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Peaches 	13 Corn Chowder Tuna Salad Lettuce & Tomato Cucumber Salad W.W. Pita Pocket Seasonal Fruit 	14 Teriyaki Meatballs Confetti Brown Rice Broccoli Pears 	15 Garlic Rosemary Chicken Cut Yams Cauliflower Whole Wheat Bread Seasonal Fruit
16 Sausage w/ Onions & Peppers Baked Beans Whole Kernel Corn W.W. Hot Dog Bun Tropical Fruit 	17 Taxes Due Oven Fried-Chicken Drumsticks Ranch Potatoes Mixed Vegetables Whole Wheat Bread Seasonal Fruit 	18 Chilaquiles Bake Mexican Brown Rice Fiesta Vegetable Blend Mixed Fruit 	19 Chef Salad Saltine Crackers Seasonal Fruit 	20 BBQ Chicken Baked Beans Potato Salad W.W. Dinner Roll Warm Spiced Apples	21 Meatloaf Onion Gravy Whipped Potatoes Glazed Carrots W.W. Dinner Roll Strawberry Glazed Fruit	22 Earth Day Glazed Turkey Ham Tater Tot Casserole Brussels Sprouts Whole Wheat Bread Pears
23 Ham Macaroni & Cheese Green Peas Creole Tomatoes W.W. Dinner Roll Seasonal Fruit 	24 Hamburger Patty Lettuce & Tomato Tater Tots Mixed Vegetables W.W. Hamburger Bun Seasonal Fruit	25 Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Potato Salad W.W. Bread Seasonal Fruit 	26 Oven Fried-Chicken Drumsticks Whole Kernel Corn Sliced Carrots Whole Wheat Bread Mixed Fruit 	27 Arbor Day Honey Glazed Pork Mashed Spiced Yams Green Beans Whole Wheat Bread Seasonal Fruit 	28 Turkey Breast w/ Gravy Brown Rice Pilaf Sweet & Sour Beets Tropical Fruit 	29 Beef Patty w/ Gravy & Peppers Country Potatoes Peas & Carrots Whole Wheat Bread Cinnamon Applesauce

"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.



