































Meals containing more than 1000 mg of sodium

MAY 2018 Lunch Menu



*We Honor
We Remember*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 May Day Turkey Ham & White Beans Brown Rice Seasoned Spinach Mixed Fruit 	2 Oven Fried-Chicken Drumsticks Scalloped Potatoes Brussels Sprouts Whole Wheat Bread Seasonal Fruit 	3 Beef Taco Salad W.W. Tortilla Seasonal Fruit Taco Sauce 	4 Potato Crusted Fish Cilantro Lime-Brown Rice Mixed Vegetables Tropical Fruit 	5 Cinco de Mayo Beef Tamale Pie Mexican Brown Rice Mexican Corn Tropical Fruit 	6 Breaded Chicken Patty Tater Tots Hamburger Bun Mixed Fruit Crisp 
7 Oven Fried-Chicken Drumsticks Cheesy Brown Rice Green Beans Seasonal Fruit 	8 Minestrone Soup Sliced Turkey Ham Cheese, Lettuce, Tomato Beet Salad  Whole Wheat Bread Cranberry Cocktail Juice 	9 Swiss Steak Garlic Whipped Potatoes Green Peas Whole Wheat Roll Pineapple Tidbits	10 Baked Chicken Mornay Sauce Cut Yams Tuscany Vegetable Blend Whole Wheat Bread Seasonal Fruit 	11 Pork Chili Verde Buttered Rice Fiesta Vegetable Blend W.W. Flour Tortilla Seasonal Fruit	12 BBQ Chicken Baked Beans Broccoli Hamburger Bun Tropical Fruit 	13 Mother's Day Roast Beef w/ Gravy Whipped Potatoes Green Beans W.W. Dinner Roll Seasonal Fruit Chef's Dessert 
14 Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach W.W. Dinner Roll Mixed Fruit	15 Baked Chicken Jezebel Apple Salsa Cilantro Lime-Brown Rice Mixed Vegetables Seasonal Fruit 	16 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Fruit Crisp 	17 Turkey Club Salad Saltine Crackers Seasonal Fruit 	18 Oven Fried-Chicken Drumsticks Oven Roasted Potatoes Green Beans Whole Wheat Bread Mixed Fruit 	19 Tuna Noodle Au Gratin Lima Beans Sliced Carrots Seasonal Fruit 	20 Grilled Pork Pineapple Sauce Wild Rice Broccoli Seasonal Fruit 
21 Turkey Ham, Broccoli, & Brown Rice Bake Green Peas Glazed Carrots Pineapple Tidbits	22 Country Fried Steak Country Gravy Twice Whipped Potatoes Green Beans Whole Wheat Bread Applesauce 	23 Oven Fried-Chicken Drumsticks Dirty Brown Rice Capri Vegetable Blend Seasonal Fruit	24 Grilled Pork Tomato Basil Sauce Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Peaches 	25 Corn Chowder Tuna Salad Lettuce & Tomato Cucumber Salad W.W. Pita Pocket	26 Teriyaki Meatballs Confetti Brown Rice Broccoli Pears 	27 Garlic Rosemary Chicken Cut Yams Cauliflower Whole Wheat Bread Seasonal Fruit
28 Memorial Day Sausage w/ Onions & Peppers Baked Beans Coleslaw W.W. Hot Dog Bun Mixed Fruit Crisp 	29 Oven Fried-Chicken Drumsticks Ranch Potatoes Mixed Vegetables Whole Wheat Bread Seasonal Fruit 	30 Chilaquiles Bake Mexican Brown Rice Fiesta Vegetable Blend Mixed Fruit 	31 Chef Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing 	 OLDER AMERICANS MONTH ENGAGE AT EVERY AGE: MAY 2018 		

"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.



