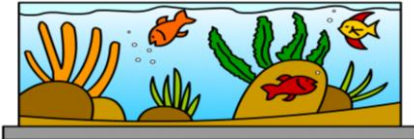





Meals containing more than 1000 mg of sodium

JUNE 2018 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>May all you wonderful <i>Dads</i> enjoy a <i>Happy Father's Day</i></p>			<p>1 Meatloaf Onion Gravy Whipped Potatoes Glazed Carrots W.W. Dinner Roll Strawberry Glazed Fruit</p>	<p>2 Honey Mustard Chicken Cheesy Brown Rice Seasoned Spinach Seasonal Fruit</p> 	<p>3 Glazed Turkey Ham Tater Tot Casserole Brussels Sprouts Whole Wheat Bread Pears</p> 
<p>4 Ham Macaroni & Cheese Green Peas Creole Tomatoes W.W. Dinner Roll Seasonal Fruit</p> 	<p>5 Hamburger Patty Lettuce & Tomato Tater Tots  Mixed Vegetables W.W. Hamburger Bun Seasonal Fruit</p>	<p>6 Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Potato Salad Whole Wheat Bread Seasonal Fruit</p>	<p>7 Oven Fried- Chicken Drumsticks Whole Kernel Corn Sliced Carrots Whole Wheat Bread Mixed Fruit</p>	<p>8 Honey Glazed Pork Mashed Spiced Yams Green Beans Whole Wheat Bread Seasonal Fruit</p>	<p>9 Turkey Breast w/ Gravy Brown Rice Pilaf Sweet & Sour Beets Tropical Fruit</p> 	<p>10 Beef Patty w/ Gravy & Peppers Country Potatoes Peas & Carrots Whole Wheat Bread Cinnamon Applesauce</p> 
<p>11 BBQ Pork Rib Patty Potato Wedges Glazed Carrots W.W. Hamburger Bun Tropical Fruit</p> 	<p>12 Turkey Ham & White Beans Brown Rice Seasoned Spinach Mixed Fruit</p> 	<p>13 Oven Fried- Chicken Drumsticks Scalloped Potatoes Brussels Sprouts Whole Wheat Bread Seasonal Fruit</p>	<p>14 Beef Taco Salad Whole Grain- Tortilla Chips Seasonal Fruit</p> 	<p>15 Potato Crusted Fish Cilantro Lime Brown Rice Mixed Vegetables Tropical Fruit</p> 	<p>16 Italian Beef- Pasta Bake Whole Kernel Corn Green Beans Seasonal Fruit</p> 	<p>17 Father's Day BBQ Chicken Baked Beans Coleslaw W.W. Dinner Roll Peach Crisp</p> 
<p>18 Oven Fried- Chicken Drumsticks Cheesy Brown Rice Green Beans Seasonal Fruit</p> 	<p>19 Minestrone Soup Sliced Turkey Ham Cheese, Lettuce, Tomato Beet Salad Whole Wheat Bread Cranberry Cocktail Juice</p>	<p>20 Swiss Steak Garlic Whipped Potatoes Green Peas Whole Wheat Roll Pineapple Tidbits</p> 	<p>21 Summer Begins Baked Chicken Mornay Sauce  Cut Yams Tuscany Vegetable Blend Whole Wheat Bread Seasonal Fruit</p>	<p>22 Pork Chili Verde Buttered Rice Fiesta Vegetable Blend W.W. Flour Tortilla Seasonal Fruit</p>	<p>23 BBQ Chicken Baked Beans Broccoli W.W. Hamburger Bun Tropical Fruit</p>	<p>24 Swedish Meatballs Whole Grain Penne Italian Vegetable Blend Spiced Apples</p> 
<p>25 Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach W.W. Dinner Roll Mixed Fruit</p>	<p>26 Baked Chicken Jezebel Apple Sauce Cilantro Lime Brown Rice Mixed Vegetables Seasonal Fruit</p> 	<p>27 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Fruit Crisp</p> 	<p>28 Turkey Club Salad Saltine Crackers Seasonal Fruit</p> 	<p>29 Oven Fried- Chicken Drumsticks Oven Roasted Potatoes Green Beans Whole Wheat Bread Mixed Fruit</p>	<p>30 Tuna Noodle Au Gratin Lima Beans Sliced Carrots Seasonal Fruit</p> 	<p>ADOPT ME! </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.

