

Meals containing more than 1000 mg of sodium
January 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 happy new year	1 New Year's Day Oven Fried Chicken Whipped Potatoes 烤箱炸雞 土豆泥	2 Tomato Basil Soup Tuna Salad 番茄羅勒湯 金槍魚沙拉	3 Parmesan Chicken Penne Pasta 巴馬干酪雞肉 意大利管面	4 Sloppy Joe Whole Kernel Corn 邁邁喬三明治 全玉米	5 Glazed Turkey Ham Macaroni & Cheese 釉面土耳其火腿 通心粉和奶酪	6 Swiss Steak Confetti Brown Rice 瑞士牛排 五彩紙屑糙米
7 Fish Macaroni & Cheese 魚 通心粉和奶酪	8 Turkey Sausage & Red Beans Brown Rice 土雞香腸 & 紅豆 糙米	9 Minestrone Soup Chicken Salad 蔬菜濃湯 雞肉沙拉	10 Oven Fried Chicken Whipped Potatoes 烤箱炸雞 土豆泥	11 Turkey Spaghetti Sauce Whole Grain Spaghetti 土雞意大利麵醬 全穀物意粉	12 Salisbury Steak Whipped Potatoes 索爾茲伯里牛排 土豆泥	13 Honey Baked Chicken Mashed Spiced Yams 蜂蜜烤雞 搗碎的五香山藥
14 Country Fried Steak Whipped Potatoes 鄉村炒牛排 土豆泥	15 Oven Fried Chicken Cheesy Penne Pasta 烤箱炸雞 芝士通心粉	16 Garden Turkey Salad Saltine Crackers 花園土雞沙拉 撒鹽餅乾	17 Hamburgers Oven Roasted Potatoes 漢堡 烤箱烤土豆	18 BBQ Chicken Breast Whole Grain Pasta Salad 燒烤雞胸肉 全穀物意大利面沙拉	19 Grilled Pork Patty Lemon Orzo Pasta 烤豬肉帕蒂 檸檬麵食	20 Frito Chili Pie Brown Rice 非多利辣椒餅 糙米
21 Martin Luther King Oven Fried Chicken Cheesy Brown Rice 烤箱炸雞 起司糙米	22 Grilled Pork Delmonico Potatoes 烤豬 德爾莫妮科土豆	23 Swedish Meatballs Whole Grain Penne 瑞典肉丸 全穀物通心粉	24 Cream of Tomato Soup Tuna Salad 番茄湯奶油 金槍魚沙拉	25 Turkey Divan Whipped Potatoes 土雞合集 土豆泥	26 Chicken Alfredo Whole Grain Spaghetti 阿爾弗雷多雞 全穀物意粉	27 Hungarian Pork Buttered Rice 匈牙利豬肉 奶油米飯
28 Curry Chicken Brown Rice 咖哩雞 糙米	29 Italian Beef w/ Whole Grain Pasta 意大利牛肉配 全麥麵食	30 Sausage w/ Onions & Peppers Baked Beans 香腸配 洋蔥和辣椒 焗豆	31 Beef Taco Salad Saltine Crackers 牛肉炸玉米餅沙拉 撒鹽餅乾	New Year Resolutions 		

"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.

