

 Meals containing more than 1000 mg of sodium

APRIL 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 April Fools Day Grilled Pork w/ Mushroom Delmonico Potatoes Seasoned Spinach W.W. Dinner Roll Strawberry Glazed Fruit 	2 Baked Chicken Jezebel Apple Salsa Cilantro Lime Brown Rice Mixed Vegetables Fresh Apple 	3 Turkey Club Salad Whole Grain Crackers Fresh Orange Ranch Salad Dressing 	4 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Fruit Crisp 	5 Oven Fried Chicken Oven Roasted Potatoes Green Beans Whole Wheat Bread Mixed Fruit Chef's Dessert 	6 Tuna Noodle Casserole Lima Beans Sliced Carrots Fresh Banana 	7 World Health Day Beef Chili w/ Beans Whole Kernel Corn Broccoli Whole Grain Crackers Fresh Orange 
8 Turkey Ham, Broccoli, & Brown Rice Bake Green Peas Glazed Carrots Pineapple Tidbits 	9 Country Fried Steak Country Gravy Twice Whipped Potatoes Green Beans Whole Wheat Bread Applesauce 	10 Corn Chowder Tuna Salad Lettuce & Tomato Cucumber Salad W.W. Pita Pocket Fresh Banana 	11 Oven Fried Chicken Dirty Brown Rice Capri Vegetable Blend Fresh Apple 	12 Grilled Pork Tomato Basil Sauce Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Peaches Chef's Dessert 	13 Teriyaki Meatballs Brown Rice Broccoli Pears 	14 Garlic Rosemary Chicken Cut Yams Cauliflower Whole Wheat Bread Fresh Orange 
15 Taxes Due! Sausage w/ Onions & Peppers Pinto Beans Whole Kernel Corn W.W. Hot Dog Bun Tropical Fruit 	16 Oven Fried Chicken Ranch Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple 	17 Chef Salad Whole Grain Crackers Fresh Orange Ranch Salad Dressing 	18 Picadillo Beef Mexican Brown Rice Fiesta Vegetable Blend Fresh Banana 	19 Honey Mustard Chicken Cheesy Brown Rice Club Spinach Mixed Fruit Chef's Dessert 	20 Meatloaf Onion Gravy Whipped Potatoes Glazed Carrots W.W. Dinner Roll Strawberry Glazed Fruit 	21 Easter Ham w/ Raisin Sauce Scalloped Potatoes Brussels Sprouts W.W. Dinner Roll Tropical Fruit Chef's Dessert 
22 Earth Day Breaded Fish Cheesy Penne Pasta Creole Tomatoes Fruit Cocktail 	23 Hamburger Patty Lettuce & Tomato Roasted Potatoes Mixed Vegetables W.W. Hamburger Bun Fresh Orange 	24 Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Potato Salad Whole Wheat Bread Fresh Apple 	25 Dijon Pork Patty Mashed Spiced Yams Green Beans Whole Wheat Bread Fresh Banana 	26 Arbor Day Oven Fried Chicken Whole Kernel Corn Sliced Carrots Whole Wheat Bread Mixed Fruit Chef's Dessert 	27 Turkey Breast w/ Gravy Brown Rice Pilaf Sweet & Sour Beets Tropical Fruit 	28 Italian Beef & Whole Grain Pasta Bake Roasted Sweet Potatoes Peas & Red Peppers Cinnamon Applesauce 
29 BBQ Pork Rib Patty Whipped Potatoes California Vegetables W.W. Hamburger Bun Pineapple Tidbits 	30 Turkey Ham & White Beans Brown Rice Seasoned Spinach Mixed Fruit 					

"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.

