



Meals containing more than 1000 mg of sodium

# May 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MEMORIAL DAY</b>  Remember Those Who Served		<b>1 May Day</b> Beef Taco Salad Whole Wheat Tortilla Fresh Apple Taco Sauce 	<b>2</b> Oven Fried Chicken Scalloped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Orange	<b>3</b> Potato Crusted Fish Cilantro Lime Brown Rice Mixed Vegetables Tropical Fruit Chef's Dessert	<b>4</b> Beef Patty w/ Gravy & Peppers Country Potatoes Green Beans Whole Wheat Bread Fresh Banana	<b>5 Cinco de Mayo</b> Chicken Fajitas Black Beans Fiesta Corn Whole Wheat Tortilla Tropical Fruit
	<b>6</b> Oven Fried Chicken Cheesy Brown Rice Green Beans Pineapple Tidbits 	<b>7</b> Minestrone Soup Sliced Turkey Ham Cheese, Lettuce, Tomato Beet Salad Whole Wheat Bread Fresh Orange	<b>8</b> Swiss Steak Garlic Whipped Potatoes Green Peas Whole Wheat Roll Pineapple Tidbits 	<b>9</b> Baked Chicken Mornay Sauce Cut Yams Tuscany Vegetable Blend Whole Wheat Bread Fresh Banana	<b>10</b> Pork Chili Verde Buttered Rice Fiesta Vegetable Blend W.W. Flour Tortilla Fresh Apple Chef's Dessert	<b>11</b> Breaded Chicken Patty Broccoli W.W. Hamburger Bun Mixed Fruit Crisp 
<b>13</b> Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach W.W. Dinner Roll Strawberry Glazed Fruit	<b>14</b> Baked Chicken Jezebel Apple Salsa Cilantro Lime Brown Rice Mixed Vegetables Fresh Apple	<b>15</b> Turkey Club Salad Saltine Crackers Fresh Orange Ranch Salad Dressing	<b>16</b> Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Fruit Crisp Italian Salad Dressing 	<b>17</b> Oven Fried Chicken Oven Roasted Potatoes Green Beans Whole Wheat Bread Mixed Fruit	<b>18</b> Tuna Noodle Casserole Lima Beans Sliced Carrots Fresh Banana 	<b>19</b> Beef Chili w/ Beans Whole Kernel Corn Broccoli Saltine Crackers Fresh Orange
<b>20</b> Turkey Ham, Broccoli, & Brown Rice Bake Green Peas Glazed Carrots Pineapple Tidbits 	<b>21</b> Country Fried Steak Country Gravy Twice Whipped Potatoes Green Beans Whole Wheat Bread Applesauce	<b>22</b> Corn Chowder Tuna Salad Lettuce & Tomato Cucumber Salad W.W. Pita Pocket Fresh Banana 	<b>23</b> Oven Fried Chicken Dirty Brown Rice Capri Vegetable Blend Fresh Apple 	<b>24</b> Grilled Pork Tomato Basil Sauce Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Peaches Chef's Dessert	<b>25</b> Teriyaki Meatballs Brown Rice Broccoli Pears 	<b>26</b> Garlic Rosemary Chicken Cut Yams Cauliflower Whole Wheat Bread Fresh Orange
<b>27 Memorial Day</b> Sausage w/ Onions & Peppers Baked Beans German Coleslaw W.W. Hot Dog Bun Mixed Fruit Crisp	<b>28</b> Oven Fried Chicken Ranch Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple	<b>29</b> Chef Salad Saltine Crackers Fresh Orange Ranch Salad Dressing	<b>30</b> Picadillo Beef Mexican Brown Rice Fiesta Vegetable Blend Fresh Banana 	<b>31</b> Honey Mustard Chicken Cheesy Brown Rice Club Spinach Mixed Fruit Chef's Dessert	<b>Cinco de Mayo</b> 	

"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.

