



































June 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Meatloaf Onion Gravy Whipped Potatoes Glazed Carrots W.W. Dinner Roll Mixed Fruit	2 Glazed Turkey Ham Corn Casserole Brussels Sprouts Whole Wheat Bread Pears 
3 Oven Fried Chicken Whole Kernel Corn Sliced Carrots Whole Wheat Bread Mixed Fruit Chef's Dessert	4 Hamburger Patty Lettuce & Tomato Roasted Potatoes Mixed Vegetables W.W. Hamburger Bun Fresh Orange 	5 Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Potato Salad  Whole Wheat Bread Fresh Apple	6 Dijon Pork Patty Mashed Spiced Yams Green Beans Whole Wheat Bread Fresh Banana 	7 Breaded Fish Cheesy Penne Pasta Creole Tomatoes Fruit Cocktail Tartar Sauce 	8 Turkey Breast w/ Gravy Brown Rice Pilaf Sweet & Sour Beets Tropical Fruit 	9 Italian Beef & Whole Grain Pasta Roasted Sweet Potatoes Peas w/ Red Peppers Cinnamon Applesauce 
10 BBQ Pork Rib Patty Whipped Potatoes California Vegetables W.W. Hamburger Bun Pineapple Tidbits 	11 Turkey Ham & White Beans Brown Rice Seasoned Spinach Mixed Fruit 	12 Beef Taco Salad  W.W. Tortilla Fresh Apple Taco Sauce 	13 Potato Crusted Fish  Cilantro Lime Brown Rice Mixed Vegetables Tropical Fruit Chef's Dessert Tarter Sauce 	14 Oven Fried Chicken Scalloped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Orange 	15 Beef Patty w/ Gravy & Peppers County Potatoes Green Beans Whole Wheat Bread Fresh Orange 	16 Fathers Day  Roast Beef w/ Gravy Baked Beans Carrot Slaw W.W. Hamburger Bun Peach Crisp 
17 Oven Fried Chicken Cheesy Brown Rice Green Beans Pineapple Tidbits 	18 Minestrone Soup Sliced Turkey Ham Cheese, Lettuce, Tomato Beef Salad  Whole Wheat Bread Fresh Orange 	19 Swiss Steak Garlic Whipped Potatoes Green Peas Whole Wheat Roll Pineapple Tidbits	20 Pork Chili Verde Buttered Rice Fiesta Vegetable Blend W.W. Flour Tortilla Fresh Apple  Chef's Dessert 	21 Summer Begins Baked Chicken Mornay Sauce Cut Yams  Tuscany Vegetable Blend Whole Wheat Bread Fresh Banana 	22 Breaded Chicken Patty Broccoli W.W. Hamburger Bun Mixed Fruit Crisp 	23 Swedish Meatballs Whole Grain Penne Seasoned Green Beans Spiced Apples 
24 Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach W.W. Dinner Roll Mixed Fruit	25 Baked Chicken Jezebel Apple Salsa Cilantro Lime Brown Rice Mixed Vegetables Fresh Apple 	26 Turkey Club Salad Saltine Crackers Fresh Orange Ranch Salad Dressing	27 Beef Spaghetti Sauce  Whole Grain Spaghetti Side Salad Mixed Fruit Crisp Italian Dressing 	28 Oven Fried Chicken Oven Roasted Potatoes Green Beans Whole Wheat Bread Mixed Fruit Chef's Dessert 	29 Tuna Noodle Casserole Lima Beans Sliced Carrots Fresh Apple 	30 Beef Chili w/ Beans Whole Kernel Corn Broccoli Saltine Crackers Fresh Orange

"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.

