619-235-6538



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



SEIVIORS WI						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3 Set Clocks Back
		100		Chicken Cacciatore	Beef Patty	Chicken Stir Fry
		TOUNDAND	b	Whole Grain Spaghetti	Mushroom Gravy	Brown Rice
				Garlic Spinach	Whipped Potatoes	Green Peas
the state of the state of			2-2-	Tropical Fruit	Green Beans	Sliced Carrots
			WOXUKKI	Chef's Dessert	Whole Wheat Bread	Seasonal Fruit
				and then	Pineapple Tidbits	0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
4	15	16	l7	8	9	10
Country Fried Steak	Maple Glazed Chicken	Corn Chowder	Stuffed Pasta Shells	Lemon Pepper Fish	Beef Spaghetti Sauce	Ham & Broccoli-
Country Gravy	Roast Potato Medley	Sliced Turkey Breast	Tomato Basil Sauce	Brown Rice Pilaf	Whole Grain Spaghetti	Brown Rice Bake
Whipped Potatoes	Lima Beans	Cheese, Lettuce, Tomato	Parmesan Cheese	Broccoli & Cauliflower	Brussels Sprouts	Corn & Carrots
Sliced Carrots	Whole Wheat Bread	Carrot Pineapple Salad	Creamed Spinach	Seasonal Fruit	Applesauce	Green Peas
Whole Wheat Bread	Pineapple Tidbits	Whole Wheat Tortilla	Whole Kernel Corn	Chef's Dessert	Applesaude	Seasonal Fruit
Peaches & Pineapple	i incappie riabits	Seasonal Fruit	Whole Wheat Bread	A Design of	O _{mm}	
i caciles a i ilicappie) Ocasonar run	Peaches, Pears, Oranges			USMC Temper Futetis
11 Veterans Day	12	13	14	15	16	17
→ Sausage w/	Oven Fried Chicken	Oriental Chicken Salad	Breaded Fish	Meatloaf	BBQ Pork Rib Patty	Parmesan Chicken
Onions & Peppers	Brown Rice	Saltine Crackers	Roasted Potatoes	Brown Gravy	Whole Kernel Corn	Penne Pasta
Pinto Beans	Green Beans	Seasonal Fruit	Glazed Carrots	Garlic Whipped Potatoes	German Coleslaw	Garlic Spinach
Mixed Vegetables	Pineapple Tidbits		Whole Wheat Bread	Brussels Sprouts	W.W. Hamburger Bun	Fresh Orange
W.W. Hot Dog Bun	1 mouppio mubito	spread the	Seasonal Fruit	Whole Wheat Bread	Hot Sliced Peaches	Troon Grango
★ Seasonal Fruit		kindness!	Chef's Dessert	Seasonal Fruit	Tiot onoca i caones	
18	19	20	21	22	23	24
Pork Chili Verde	Swedish Meatballs	Minestrone Soup	Beef Chow Mein	Sloppy Joe	Turkey Ham	Swiss Steak
Brown Rice	Penne Pasta	Tuna Salad	Brown Rice	Whole Kernel Corn	Pineapple Glaze	Confetti Brown Rice
Fiesta Vegetable Blend	Capri Vegetable Blend	Lettuce & Tomato	Oriental Vegetables	Green Beans	Cheesy Penne	Glazed Carrots
Saltine Crackers	Fresh Orange	Cucumber Tomato Salad	Ginger Carrots	W.W. Hamburger Bun	Broccoli & Cauliflower	Fresh Orange
Tropical Fruit	r room ordings	Whole Wheat Bread	Seasonal Fruit	Applesauce	Whole Wheat Bread	
Tropioari ran		Fluffy Fruit Salad	-	Chef's Dessert	Pineapple Tidbits	
25	26	27	28 Thanksgiving	29	30	
Breaded Fish	Beef Taco Salad	Oven Fried Chicken	Turkey Breast w/ Gravy	Beef Chili w/ Beans	Cuban Pork	November is
Cilantro Lime-	Seasonal Fruit	Dirty Brown Rice	Cornbread Dressing	O'Brien Potatoes	Black Beans & Rice	Native
Brown Rice		Coleslaw	Green Beans	Broccoli	Garden Vegetables	American
California Veggie Blend		Hot Sliced Peaches	Sweet Potato Casserole	Saltine Crackers	Hamburger Bun	Heritage Month
Mixed Fruit		Chef's Dessert	Roll, Fresh Orange	Tropical Fruit	Seasonal Fruit	Month
			Pumpkin Pie 🦀	conquist		
"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."						

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