



Gary and Mary West Senior Wellness Center

Lunch: Mon-Fri, 11 a.m., 12:15 p.m., 1:15 p.m./ Sat-Sun, 11 a.m., 12:15 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Swiss Steak Confetti Brown Rice Mixed Vegetables Whole Wheat Bread Raisins Milk	2 Cheese Lasagna Roll-Up Lentil Vegetable Pilaf Garden Vegetable Blend Whole Wheat Roll Tropical Fruit Milk
3 Beef Patty Onion Gravy Whipped Potatoes California Vegetable Blend Multi-Grain Bread Fresh Apple Milk	4 Chicken Cacciatore Whole Grain Penne Brussels Sprouts Baby Carrots Whole Wheat Roll Diced Peaches Milk	5 <i>New!</i> White Bean Soup <i>New!</i> Lemon Pepper Tuna Salad Coleslaw Multi-Grain Bread Fresh Orange Milk	6 Chicken Fried Brown Rice Sugar Snap Peas Sweet & Sour Red Cabbage Whole Wheat Bread Mixed Fruit Milk	7 Sweet & Sour Meatballs Brown Rice Glazed Carrots Broccoli Florets Whole Wheat Bread Pineapple Tidbits Oatmeal Raisin Cookie Milk	8 Apple Cider Mustard Pork Brown Rice Green Peas Parmesan Tomatoes Diced Pears Milk	9 BBQ Chicken Drumsticks WG Macaroni & Cheese Seasoned Collard Greens Honey Lime Corn Salad Mandarin Oranges Milk
10 Vegetarian Chili w/Beans Roasted Diced Potatoes Broccoli Florets Multi-Grain Bread Raisins Milk	11 Salisbury Steak Onion Gravy Brown Rice Sliced Carrots Whole Wheat Roll Pineapple Tidbits Milk	12 <i>New!</i> Chickpea Caesar Salad <i>New!</i> Corn Salad Whole Wheat Roll Mixed Fruit Milk Caesar Salad Dressing	13 BBQ Pork Rib Patty Ranch Beans California Vegetable Blend Whole Grain Hamburger Bun Diced Pears Milk	14 <i>New!</i> Blackened Tilapia Brown Rice Florentine Mixed Vegetables Coleslaw Tropical Fruit Carnival Cookie Milk Lemon Juice	15 Whole Grain Turkey Tetrazzini Green Beans Amandine Applesauce Milk	16 Creamy Paprika Chicken Breast Whole Grain Penne Broccoli Florets Cucumber & Red Onion Salad Whole Wheat Roll Mixed Fruit Milk
17 WG Bean & Cheese Burrito Enchilada Sauce Chuckwagon Corn Green Beans, Tomato & Onion Raisins Milk	18 WG Popcorn Chicken Cranberry Orange Sauce Mixed Vegetables Whole Wheat Bread Diced Pears Milk	19 Cream of Broccoli Soup Turkey & Swiss Lettuce & Tomato Coleslaw Whole Wheat Tortilla Pineapple Tidbits Milk Mustard	20 Baked Chicken Breast Lemon Scarpariello Sauce Whole Grain Rotini Lima Beans California Vegetable Blend Fresh Apple Milk	21 Hamburger Patty Lettuce & Tomato Tater Tots Whole Wheat Hamburger Bun Whole Grain Mixed Fruit Crisp Milk Ketchup Mustard	22 Apricot Mustard Chicken Confetti Brown Rice Broccoli Florets Sliced Carrots Pineapple Tidbits Milk	23 WG Shrimp Jambalaya Whole Kernel Corn Steamed Cabbage Whole Wheat Roll Fresh Orange Milk
24 Dijonnaise Chicken Brown Rice Creamed Spinach Stewed Tomatoes Diced Peaches Milk	25 Turkey a la King Whole Grain Egg Noodles Whole Kernel Corn Broccoli Florets Mixed Fruit Milk	26 Asian Noodle Chicken Salad* <i>*Diced Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Carrots, Green Onions, Sesame Seeds</i> Fresh Orange Milk Balsamic Vinaigrette	27 General Tso Pork Brown Rice Green Peas Whole Wheat Roll Cucumber Salad Applesauce Milk	28 WG Potato-Crusted Pollock Dill Sauce Glazed Carrots Broccoli Florets Whole Wheat Bread Mixed Fruit White Chocolate Macadamia Nut Cookie Milk	29 Beef Patty Mushroom Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Roll Diced Pears Milk	30 Caribbean Chicken Coconut Brown Rice Plantains Green Beans w/Red Peppers Whole Grain Corn Muffin Raisins Milk
31 Creole Beef Lentil Vegetable Pilaf Herbed Carrots Multi-Grain Bread Mixed Fruit Milk						

MENU NOTES

All meals include 8oz of milk

Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, wheat.

Menu Subject to Change

This project is supported by Older American's Act funds by the county of
San Diego Health & Human Services Agency, Aging & Independence Services.
Suggested contribution is \$2.50 per meal.

No eligible person shall be denied a meal because of failure or inability to contribute.