



**SEPTEMBER**

**2019 Lunch Menu**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> Chicken Fried Rice Mixed Greens Red Beans Mixed Fruit 	 <p><i>Celebrate</i> <b>HISPANIC HERITAGE MONTH</b></p>					<b>1</b> Beef Italiano Penne Pasta Mixed Vegetables Pineapple Tidbits 
<b>2 Labor Day</b> BBQ Pork Rib Patty Baked Beans Coleslaw Hamburger Bun Apple Crisp 	<b>3</b> Chicken Fajitas Corn & Tomatoes Whole Wheat Tortilla Spiced Mixed Fruit 	<b>4</b> Minestrone Soup Tuna Salad Lettuce & Tomato Cucumber & Tomato Salad Whole Wheat Bread Tropical Fruit	<b>5</b> Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Vegetables Spiced Peaches 	<b>6</b> Hamburger Patty & Bun Lettuce & Tomato Pinto Beans Mixed Vegetables Fresh Banana Chef's Dessert	<b>7</b> Grilled Pork Mornay Sauce Penne Pasta Green Peas w/ Red Peppers Fresh Apple	<b>8 Grandparents Day</b> Glazed Turkey Ham Mashed Spiced Yams Seasoned Spinach Whole Wheat Bread Fluffy Fruit Salad 
<b>9</b> Swedish Meatballs Penne Pasta Broccoli Mixed Fruit 	<b>10</b> Sausage w/ Onions & Peppers Tater Tot Casserole Green Beans W.W. Hot Dog Bun Peaches	<b>11 911 Remembrance</b> Beef Taco Salad Fluffy Fruit Salad Taco Sauce 	<b>12</b> Oven Fried Chicken Cilantro Lime Brown Rice Summer Vegetable Blend Fresh Banana 	<b>13</b> Salisbury Steak Brown Gravy Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Fresh Pear Chef's Dessert	<b>14</b> Beef Chili w/ Beans Brown Rice Chuckwagon Corn Fresh Orange 	<b>15</b> Chicken Alfredo Whole Grain Spaghetti Brussels Sprouts Fruit Cocktail 
<b>16</b> Turkey Divan Penne Pasta Country Tomatoes Tropical Fruit 	<b>17</b> Cuban Pork Black Beans Summer Vegetable Blend Whole Wheat Bread Mixed Fruit	<b>18</b> Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot & Raisin Salad Whole Wheat Tortilla Mixed Fruit	<b>19</b> Breaded Fish Cheesy Brown Rice Glazed Carrots Tropical Fruit 	<b>20</b> Beef Patty w/ Gravy Roasted Potato Medley Italian Vegetable Blend Whole Wheat Bread Pineapple Tidbits Chef's Dessert	<b>21</b> Curry Chicken Breast Brown Rice Pilaf Green Beans Fresh Apple 	<b>22</b> Beef Stir Fry Udon Noodles Stir Fry Vegetables Whole Wheat Bread Fresh Orange 
<b>23 Fall Begins</b> Oven Fried Chicken Delmonico Potatoes Seasoned Spinach Whole Wheat Bread Fresh Apple 	<b>24</b> Cheeseburger Macaroni Green Peas California Vegetable Blend Whole Wheat Bread Cinnamon Applesauce	<b>25</b> Chef Salad Saltine Crackers Fresh Orange Salad Dressing	<b>26</b> Pork Stir Fry Brown Rice Mixed Vegetables Tropical Fruit 	<b>27</b> Bean Tamale Pie Corn O'Brien Fiesta Vegetable Blend Whole Wheat Bread Mixed Fruit Chef's Dessert 	<b>28</b> Salisbury Steak Mushroom Gravy Whipped Potatoes Seasoned Green Beans Whole Wheat Bread Fresh Pear	<b>29</b> Honey Mustard- Chicken Breast Lemon Pasta Zucchini Pineapple Tidbits Happy Rosh Hashanah! 

"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.

