



JANUARY 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 New Year's Day Minestrone Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Ambrosia Fruit Salad	2 Sloppy Joe Oven Roasted Potatoes Winter Vegetables W.W. Hamburger Bun Mixed Fruit	3 Whole Grain Crusted Fish Cheesy Penne Pasta Glazed Carrots Fresh Orange Cookie 	4 Salisbury Steak Brown Gravy Whipped Potatoes Green Beans Whole Wheat Bread Cinnamon Applesauce	5 Honey Baked Chicken Mashed Spiced Yams Green Peas Whole Wheat Bread Fresh Fruit 
		6 Country Fried Steak Country Gravy Cheesy Brown Rice Broccoli Whole Wheat Bread Fresh Fruit	7 Oven Fried Chicken Whipped Potatoes Sliced Carrots Mixed Fruit 	8 Garden Turkey Salad Saltine Crackers Fresh Fruit Ranch Salad Dressing 	9 Hamburger Patty Lettuce, Tomato, Pickle & Onion Oven Roasted Potatoes W.W. Hamburger Bun Hot Mixed Fruit	10 BBQ Chicken Breast Pasta Salad Green Beans Hot Pineapple Tidbits Pudding 
13 Turkey Divan Whipped Potatoes Sliced Carrots Whole Wheat Bread Fresh Fruit 	14 Grilled Pork w/ Pineapple Sauce Delmonico Potatoes Glazed Beets Whole Wheat Bread Fresh Fruit 	15 Cream of Tomato Soup Tuna Salad Lettuce & Tomato Three Bean Salad Whole Wheat Bread Tropical Fruit 	16 Citrus Pepper Salmon Brown Rice Corn & Lima Beans Fresh Fruit 	17 Chicken Alfredo Whole Grain Spaghetti Green Peas Pineapple Tidbits Cookie 	18 Sausage w/ Onions & Peppers Pinto Beans Coleslaw W.W. Hot Dog Bun Hot Mixed Fruit	19 Hungarian Pork Brown Rice Ratatouille Whole Wheat Bread Fresh Fruit 
20 Martin Luther King Honey Glazed Ham Cheesy Penne Pasta Collard Greens Cornbread Fresh Fruit Brownie 	21 Curry Chicken Brown Rice Peas & Carrots Fresh Fruit 	22 Beef Taco Salad in W.W. Tortilla Fluffy Fruit Salad Taco Sauce 	23 Turkey Swedish Meatballs Whole Grain Penne Broccoli Fresh Fruit 	24 Oven Fried Chicken Dirty Brown Rice Green Beans Fresh Fruit Pudding 	25 Chinese New Year Turkey Breast w/ Cranberry Orange Sauce Lima Beans  Cornbread Dressing Whole Wheat Bread Fresh Fruit	26 Creole Steak Country Potatoes Mixed Vegetables Whole Wheat Bread Pineapple Tidbits
27 Meatloaf Brown Gravy Whipped Potatoes Green Beans Whole Wheat Bread Mixed Fruit	28 BBQ Pork Rib Patty Pinto Beans Coleslaw W.W. Hamburger Bun Hot Cherry Applesauce 	29 Corn Chowder Turkey Breast Cheese, Lettuce, Tomato Carrot Raisin Salad Whole Wheat Tortilla Fresh Fruit	30 Oven Fried Chicken Tater Tot Casserole Brussels Sprouts Whole Wheat Bread Pineapple Tidbits	31 Cajun Lemon - Pepper Fish Cheesy Brown Rice Green Beans Pineapple Tidbits Cookie 		

"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.

