



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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 1492 Columbus Day	1  Oven Fried Chicken Brown Rice Green Beans Pineapple Tidbits 	2 Oriental Chicken Salad Saltine Crackers Seasonal Fruit 	3 Meatloaf Brown Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Seasonal Fruit	4 Breaded Fish Roasted Potatoes Glazed Carrots Whole Wheat Bread Seasonal Fruit Chef's Dessert	5 BBQ Pork Rib Patty Whole Kernel Corn German Coleslaw W.W. Hamburger Bun Hot Sliced Peaches	6 Parmesan Chicken Whole Grain Penne Pasta Garlic Spinach Fresh Orange 
7 Pork Chili Verde Brown Rice Fiesta Vegetable Blend Saltine Crackers Tropical Fruit 	8 Swedish Meatballs Whole Grain Penne Pasta Capri Vegetable Blend Fresh Orange 	9 Minestrone Soup Tuna Salad Lettuce & Tomato Cucumber Tomato Salad Whole Wheat Bread Fluffy Fruit Salad	10 Beef Chow Mein Brown Rice Oriental Vegetables Ginger Carrots Seasonal Fruit 	11 Sloppy Joe Whole Kernel Corn Green Beans W.W. Hamburger Bun Applesauce Chef's Dessert 	12  Turkey Ham Pineapple Glaze Cheesy Penne Pasta Broccoli & Cauliflower Whole Wheat Bread Pineapple Tidbits 	13 Swiss Steak Confetti Brown Rice Glazed Carrots Fresh Orange 
14 Columbus Day Cuban Pork Black Beans & Rice Garden Vegetables W.W. Hamburger Bun Seasonal Fruit 	15 Beef Chili w/ Beans O'Brien Potatoes Broccoli Saltine Crackers Tropical Fruit	16 Beef Taco Salad Seasonal Fruit Taco Sauce 	17 Breaded Fish Cilantro Lime Brown Rice California Vegetable Blend Mixed Fruit Tartar Sauce 	18  Oven Fried Chicken Dirty Brown Rice Coleslaw Hot Sliced Peaches Chef's Dessert	19  Turkey Breast w/ Gravy Whipped Potatoes Glazed Carrots Whole Wheat Bread Seasonal Fruit	20 Hamburger Patty Peas & Carrots Whole Kernel Corn W.W. Hamburger Bun Pineapple Tidbits 
21  Turkey Ham Cranberry Sauce Brown Rice Corn & Limas Fresh Orange 	22 Baked Chicken Lemon Sauce Roasted Sweet Potatoes Sautéed Greens Whole Wheat Bread Seasonal Fruit	23 Chef Salad Saltine Crackers Seasonal Fruit Ranch Dressing 	24  Citrus Pepper Salmon Lemon Butter Sauce Brown Rice Broccoli Mixed Fruit	25 Hamburger Patty & Bun Lettuce & Tomato Pinto Beans Garden Vegetables Pineapple Tidbits Chef's Dessert	26  Chicken & Sausage- Jambalaya Green Beans Whole Kernel Corn Sliced Peaches	27 Salisbury Steak Onion Gravy Whipped Potatoes Peas & Carrots Whole Wheat Bread Seasonal Fruit
28  Oven Fried Chicken Roasted Potatoes Broccoli & Carrots Whole Wheat Bread Tropical Fruit	29 Pork Carnitas Lettuce & Tomato Black Beans Fiesta Vegetable Blend Whole Wheat Tortilla Mixed Fruit	30 Fall Harvest Turkey Salad Multi-Grain Bread Seasonal Fruit Ranch Dressing 	31 Halloween  Sausage w/ Onions & Peppers Dilled Carrots Herb Potato Salad Hot Dog Bun Pineapple Tidbits Chocolate Pudding			

"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.



