



November 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h2>Happy Thanksgiving</h2>				1 Chicken Cacciatore Whole Grain Spaghetti Garlic Spinach Tropical Fruit Chef's Dessert 	2 Beef Patty Mushroom Gravy Whipped Potatoes Green Beans Whole Wheat Bread Pineapple Tidbits	3 Set Clocks Back Chicken Stir Fry Brown Rice Green Peas Sliced Carrots Seasonal Fruit
				4 Country Fried Steak Country Gravy Whipped Potatoes Sliced Carrots Whole Wheat Bread Peaches & Pineapple	5 Maple Glazed Chicken Roast Potato Medley Lima Beans Whole Wheat Bread Pineapple Tidbits 	6 Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot Pineapple Salad Whole Wheat Tortilla Seasonal Fruit
11 Veterans Day Sausage w/ Onions & Peppers Pinto Beans Mixed Vegetables W.W. Hot Dog Bun Seasonal Fruit	12 Oven Fried Chicken Brown Rice Green Beans Pineapple Tidbits 	13 Oriental Chicken Salad Saltine Crackers Seasonal Fruit 	14 Breaded Fish Roasted Potatoes Glazed Carrots Whole Wheat Bread Seasonal Fruit Chef's Dessert 	15 Meatloaf Brown Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Seasonal Fruit	16 BBQ Pork Rib Patty Whole Kernel Corn German Coleslaw W.W. Hamburger Bun Hot Sliced Peaches 	17 Parmesan Chicken Penne Pasta Garlic Spinach Fresh Orange
18 Pork Chili Verde Brown Rice Fiesta Vegetable Blend Saltine Crackers Tropical Fruit	19 Swedish Meatballs Penne Pasta Capri Vegetable Blend Fresh Orange 	20 Minestrone Soup Tuna Salad Lettuce & Tomato Cucumber Tomato Salad Whole Wheat Bread Fluffy Fruit Salad	21 Beef Chow Mein Brown Rice Oriental Vegetables Ginger Carrots Seasonal Fruit	22 Sloppy Joe Whole Kernel Corn Green Beans W.W. Hamburger Bun Applesauce Chef's Dessert 	23 Turkey Ham Pineapple Glaze Cheesy Penne Broccoli & Cauliflower Whole Wheat Bread Pineapple Tidbits 	24 Swiss Steak Confetti Brown Rice Glazed Carrots Fresh Orange
25 Breaded Fish Cilantro Lime-Brown Rice California Veggie Blend Mixed Fruit	26 Beef Taco Salad Seasonal Fruit 	27 Oven Fried Chicken Dirty Brown Rice Coleslaw Hot Sliced Peaches Chef's Dessert	28 Thanksgiving Turkey Breast w/ Gravy Cornbread Dressing Green Beans Sweet Potato Casserole Roll, Fresh Orange Pumpkin Pie 	29 Beef Chili w/ Beans O'Brien Potatoes Broccoli Saltine Crackers Tropical Fruit 	30 Cuban Pork Black Beans & Rice Garden Vegetables Hamburger Bun Seasonal Fruit 	November is Native American Heritage Month

"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.

