















December 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
30 Pork Chili Verde Brown Rice Fiesta Vegetable Blend Saltine Crackers Tropical Fruit	31 New Year's Eve Swedish Meatballs Penne Pasta Capri Vegetable Blend Fresh Orange 						1  Hamburger Patty Peas & Carrots Whole Kernel Corn Hamburger Bun Pineapple Tidbits
2  Turkey Ham Cranberry Sauce Brown Rice Corn & Lima Beans Fresh Orange	3  Lemon Chicken Breast Roasted Sweet Potatoes Sautéed Greens Whole Wheat Bread Seasonal Fruit	4 Chef Salad Saltine Crackers Seasonal Fruit Ranch Dressing 	5 Citrus Pepper Salmon Lemon Butter Sauce Brown Rice Broccoli Mixed Fruit	6 Hamburger Patty & Bun Lettuce & Tomato Pinto Beans Garden Vegetables Pineapple Tidbits Chef's Dessert	7 Chicken & Sausage Jambalaya Green Beans Whole Kernel Corn Sliced Peaches 	8 Salisbury Steak Onion Gravy Whipped Potatoes Peas & Carrots Whole Wheat Bread Seasonal Fruit	
9  Oven Fried Chicken Roasted Potatoes Broccoli & Carrots Whole Wheat Bread Tropical Fruit 	10 Pork Carnitas Lettuce & Tomato Black Beans Fiesta Vegetables Whole Wheat Tortilla Mixed Fruit Taco Sauce 	11 Turkey Harvest Salad Multigrain Bread Seasonal Fruit Ranch Dressing 	12  Sausage over Brown Rice Red Beans Carrots & Green Beans Fresh Orange 	13 Chicken Cacciatore Breast Whole Grain Spaghetti Sautéed Spinach Tropical Fruit Chef's Dessert 	14 Beef Patty Mushroom Gravy Whipped Potatoes Green Beans Whole Wheat Bread Pineapple Tidbits 	15 Chicken Stir Fry over Brown Rice Green Peas Sliced Carrots Seasonal Fruit 	
16 Country Fried Steak Country Gravy Whipped Potatoes Sliced Carrots Whole Wheat Bread Mixed Fruit	17 Lemon Pepper Fish Brown Rice Pilaf Winter Vegetables Seasonal Fruit Chef's Dessert Tartar Sauce	18 Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot Pineapple Salad Whole Wheat Tortilla Seasonal Fruit	19  Stuffed Pasta Shells Tomato Basil Cream Sauce Creamed Spinach Whole Kernel Corn Whole Wheat Bread Mixed Fruit	20 Maple Glazed- Chicken Breast Roasted Potato Medley Lima Beans Whole Wheat Bread Pineapple Tidbits	21 Beef Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Applesauce 	22 Winter Begins Ham, Broccoli & Brown Rice Bake Corn & Carrots Green Peas Seasonal Fruit 	
23  Sausage w/ Onions & Peppers Pinto Beans Mixed Vegetables W.W. Hot Dog Bun Seasonal Fruit 	24 Christmas Eve  Oven Fried Chicken Brown Rice Green Beans Pineapple Tidbits 	25 Christmas Day   Sliced Ham Green Beans Amantine Whipped Potatoes  w/ Gravy  Whole Wheat Roll Fresh Apple German Chocolate Cake	26 Meatloaf w/ Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Seasonal Fruit 	27  Breaded Fish Oven Roasted Potatoes Glazed Carrots Whole Wheat Bread Seasonal Fruit Chef's Dessert Tartar Sauce	28 BBQ Pork Rib Patty Whole Kernel Corn German Coleslaw W.W. Hamburger Bun Hot Spiced Peaches 	29 Parmesan Chicken Penne Pasta Sautéed Spinach Fresh Orange 	

"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.

