

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch served at noon.</p> <p>Senior 60+: \$4 donation.</p> <p>Under 60 years of age: \$8 fee.</p>	<p>Reservations are required. Please call 760.643.5288 by 1pm the previous day.</p> <p>No eligible person shall be denied a meal because of failure or inability to contribute.</p>			<p>1</p> <p>Cheeseburger Potato Salad Baked Beans Tropical Fruit Alternate Option Potato Soup Turkey and Cheese Sandwich Side Salad, Tropical Fruit</p>
<p>4</p> 	<p>5</p> <p>Italian Baked Fish Herbed Pasta Green Beans Watermelon Alternate Option Vegetable Soup Egg Salad on Romaine Roll, Watermelon Bingo for Prizes</p>	<p>6</p> <p>Swedish Meatballs Egg Noodles Seasoned Spinach Ambrosia Alternate Option Beef Barley Soup Tuna and Pasta Salad on Romaine Ambrosia Ignacio del Rio on Piano</p>	<p>7</p> <p>Pulled Pork Sandwich California Blend Vegetables House Salad Fruited Jell-O Alternate Option Cheesy Potato Soup Turkey and Cheese Sandwich Side Salad, Fruited Jell-O</p>	<p>8</p> <p>NFL Kickoff Luncheon Herbed Baked Chicken Asian Rice Mixed Vegetables Mandarin Oranges Alternate Option Minestrone Soup Cottage Cheese with Fruit Mandarin Oranges Spellman Magic Spectacular</p>
<p>11</p> <p>Honey Baked Ham Scalloped Potatoes Broccoli Florets Roll, Banana Alternate Option Vegetable Soup Turkey, Lettuce & Cheese Wrap Banana</p>	<p>12</p> <p>Chicken Fried Steak with Country Gravy Mashed Potatoes Mixed Vegetables, Roll, Apple Alternate Option Broccoli Soup Chicken Salad on Romaine Roll, Apple Bingo for Prizes</p>	<p>13</p> <p>Apple Glazed Pork Loin Macaroni and Cheese Steamed Zucchini Diced Pears Alternate Option Tomato Soup Tuna Salad on Romaine Roll, Diced Pears Ignacio del Rio on Piano</p>	<p>14</p> <p>Chicken Cacciatore over Penne Pasta Spinach Salad Pineapple Tidbits Alternate Option Split Pea Soup Italian Pasta Salad with Diced Ham, Pineapple Tidbits</p>	<p>15</p> <p>Chili with Beans Mixed Vegetables Cornbread Fresh Orange Alternate Option Tortilla Soup, Cottage Cheese and Fruit on Romaine Cornbread, Fresh Orange</p>
<p>18</p> <p>Stuffed Cabbage Mashed Potatoes House Salad Roll, Tropical Fruit Alternate Option Split Pea Soup Italian Pasta Salad with Diced Ham, Tropical Fruit</p>	<p>19</p> <p>Lemon Chicken over Penne Pasta Salad Baked Apples Alternate Option Vegetable Soup Tuna Salad on Romaine Roll, Baked Apples Bingo for Prizes</p>	<p>20</p> <p>Sweet and Sour Pork Steamed Rice Tossed Salad Diced Fruit Alternate Option Corn Chowder Egg Salad on Romaine Roll, Diced Fruit Ignacio del Rio on Piano</p>	<p>21</p> <p>Lasagna Chuckwagon Corn House Salad Honeydew Melon Alternate Option Tortilla Soup Cottage Cheese and Fruit on Romaine, Roll, Honeydew Melon</p>	<p>22</p> <p>Harvest Buffet Roast Turkey with Gravy Roast Beef with Gravy Mashed Yams Green Beans Roll Pear and Cranberry Cobbler North Coastal New Horizons Band</p>
<p>25</p> <p>Beef Stroganoff Egg Noodles Mixed Vegetables Apple Alternate Option Mushroom Soup Egg Salad Sandwich Side Salad, Apple</p>	<p>26</p> <p>Baked Chicken Thigh w/Gravy Macaroni and Cheese Broccoli Orange Alternate Option Vegetable Soup Tuna Salad on Romaine Roll, Orange Bingo for Prizes</p>	<p>27</p> <p>Pot Roast with Gravy Mashed Potatoes Seasoned Spinach Apple Cobbler Alternate Option Split Pea Soup Italian Pasta Salad with Diced Ham, Apple Cobbler Ignacio del Rio on Piano</p>	<p>28</p> <p>Breaded Fish Sandwich Cole Slaw Peas Mandarin Oranges Alternate Option Five Bean Soup Chicken Caesar Wrap Mandarin Oranges</p>	<p>29</p> <p>Beef & Macaroni Casserole House Salad Pineapple Tidbits Alternate Option Tomato Soup Cottage Cheese with Tomato Pineapple Tidbits Dominique Oei on Piano</p>

(*) High Sodium Menu 300-500mg (**) More than 500mg Sodium

This program is supported by the older Americans Act funds, awarded through the San Diego County Aging and Independence Services and the City of Vista.