

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>1</p> <p>Cranberry Glazed Chicken Seasoned Rice Brussels Sprouts Orange Alternate Option Lentil Soup Tuna Salad on Romaine Roll, Orange <i>Bingo for Prizes</i></p>	<p>2</p> <p>*Ham Steak Pineapple Sauce Candied Yams, Green Beans Roll, Ambrosia Alternate Option Chicken Soup Egg Salad Sandwich Tossed Salad, Ambrosia</p>	<p>3</p> <p>*Lasagna with Meat Sauce Cauliflower Tossed Salad, Roll Pineapple Chunks Alternate Option Minestrone Soup, Cottage Cheese & Fruit on Romaine Wheat Cracker, Pineapple Chunks</p>	<p>4</p> <p>Beef Enchilada Casserole Spanish Rice Refried Beans Corn, Diced Cantaloupe Alter Barley Soup Chicken Salad on Romaine Roll, Diced Cantaloupe <i>Mark Borgas on Guitar</i></p>
	<p>7</p> <p>*Meatball Sub with Marinara Sauce Caesar Salad Orange Alternate Option Chicken Noodle Soup Ham Salad Wrap with Lettuce Orange <i>Bingo for Prizes</i></p>	<p>8</p> <p>Pork Roast with Gravy Mashed Potatoes Peas and Carrots, Roll Strawberries Alternate Option Lentil Soup Cottage Cheese on Romaine Wheat Crackers, Strawberries <i>Bingo for Prizes</i></p>	<p>9</p> <p>Turkey a la King Over a Biscuit Seasoned Broccoli Baked Apple Alternate Option Split Pea Soup Tuna Salad Sandwich Tossed Salad, Baked Apple</p>	<p>10</p> <p>Meat Loaf Egg Noodles Pickled Beets House Salad, Roll, Diced Melon Alternate Option Barley Soup Chicken Caesar Salad Roll, Diced Melon</p>
<p>14</p> <p>Beef and Cabbage Casserole Mashed Potatoes Salad, Roll Apple Alternate Option Barley Soup Egg Salad Sandwich Tossed Salad, Apple <i>Karaoke King</i></p>	<p>15</p> <p>*Orange Chicken Steamed Rice Tossed Salad Watermelon Alternate Option Lentil Soup Tuna Salad on Romaine Roll, Watermelon <i>Bingo for Prizes</i></p>	<p>16</p> <p>Chili with Beans Mixed Vegetables Cornbread Strawberries Alternate Option Chicken Tortilla Soup Cottage Cheese & Fruit on Romaine Cornbread, Strawberries</p>	<p>17</p> <p>*Barbecued Pulled Pork On a Bun Cole Slaw Mandarin Orange Ambrosia Alternate Option Minestrone Soup, Chicken Salad Sandwich, House Salad Mandarin Orange Ambrosia</p>	<p>18</p> <p>Roast Turkey and Gravy Mashed Yams, Brussels Sprouts Cornbread Dressing Pineapple Chunks Alternate Option Chicken and Rice Soup Egg Salad on Romaine, Carrot Sticks, Roll, Pineapple Chunks <i>Dominique Oei on Piano</i></p>
<p>21</p> <p>Shepherd's Pie Spinach Salad Roll Strawberries Alternate Option Vegetable Soup Tuna Salad on Romaine Wheat Crackers, Strawberries <i>Mindful Mondays</i></p>	<p>22</p> <p>Breaded Fish Tartar Sauce Macaroni and Cheese Green Beans, Diced Melon Alternate Option Chicken Soup Egg Salad Sandwich House Salad, Diced Melon <i>Bingo for Prizes</i></p>	<p>23</p> <p>Chicken Pot Pie Spinach Salad Chuckwagon Corn Roll, Orange Alternate Option Lentil Soup Cottage Cheese and Fruit Wheat Cracker, Orange</p>	<p>24</p> <p>*Spaghetti and Meatballs House Salad Mixed Vegetables Apple Alternate Option Split Pea Soup Chicken Salad on Romaine Carrot Sticks, Roll, Apple</p>	<p>25</p> <p>Memorial Day Luncheon  Marinated Chicken Potato Salad Steamed Broccoli Roll, Peach Cobbler Alternate Option Barley Soup, Tuna Salad Sandwich Potato Salad on Romaine Peach Cobbler <i>Toe Tappers Patriotic Show</i></p>
<p>28</p> <p> Memorial Day Center Closed</p>	<p>29</p> <p>Beef Tips Over Rice Green Beans Orange Alternate Option Lentil Soup Tuna Salad on Romaine Carrot Sticks, Roll, Orange <i>Bingo for Prizes</i></p>	<p>30</p> <p>Fresh Spinach Salad with Grilled Chicken and Mandarin Oranges, Chicken Tortilla Soup Roll, Watermelon Alternate Option Chicken Tortilla Soup Cottage Cheese & Fruit on Romaine Wheat Cracker, Watermelon</p>	<p>31</p> <p>*Apple Glazed Pork Roast Roasted Potatoes Mixed Vegetables Roll, Cantaloupe Alternate Option Split Pea Soup Egg Salad on Romaine Roll, Cantaloupe</p>	<p>Reservations are required. Please call 760.643.5288 by 2pm the previous day.</p> <p>No eligible person shall be denied a meal because of failure or inability to contribute.</p>

(*) High Sodium Menu - More than 1000mg

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.