

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Lunch served at noon.</b></p> <p><b>Senior 60+: \$4 donation.</b></p> <p><b>Under 60 years of age: \$8 fee.</b></p>	<p><b>1</b></p> <p><b>Cranberry Glazed Chicken</b> Seasoned Rice Brussels Sprouts Orange <b>Alternate Option</b> Lentil Soup Tuna Salad on Romaine Roll, Orange <i>Bingo for Prizes</i></p>	<p><b>2</b></p> <p><b>*Ham Steak</b> Pineapple Sauce Candied Yams, Green Beans Roll, Ambrosia <b>Alternate Option</b> Chicken Soup Egg Salad Sandwich Tossed Salad, Ambrosia</p>	<p><b>3</b></p> <p><b>*Lasagna with Meat Sauce</b> Cauliflower Tossed Salad, Roll Pineapple Chunks <b>Alternate Option</b> Minestrone Soup, Cottage Cheese &amp; Fruit on Romaine Wheat Cracker, Pineapple Chunks</p>	<p><b>4</b></p> <p><b>Beef Enchilada Casserole</b> 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><b>7</b></p> <p><b>*Meatball Sub with Marinara Sauce</b> Caesar Salad Orange <b>Alternate Option</b> Chicken Noodle Soup Ham Salad Wrap with Lettuce Orange <i>Bingo for Prizes</i></p>	<p><b>8</b></p> <p><b>Pork Roast with Gravy</b> Mashed Potatoes Peas and Carrots, Roll Strawberries <b>Alternate Option</b> Lentil Soup Cottage Cheese on Romaine Wheat Crackers, Strawberries <i>Bingo for Prizes</i></p>	<p><b>9</b></p> <p><b>Turkey a la King Over a Biscuit</b> Seasoned Broccoli Baked Apple <b>Alternate Option</b> Split Pea Soup Tuna Salad Sandwich Tossed Salad, Baked Apple</p>	<p><b>10</b></p> <p><b>Meat Loaf</b> Egg Noodles Pickled Beets House Salad, Roll, Diced Melon <b>Alternate Option</b> Barley Soup Chicken Caesar Salad Roll, Diced Melon</p>
<p><b>14</b></p> <p><b>Beef and Cabbage Casserole</b> Mashed Potatoes Salad, Roll Apple <b>Alternate Option</b> Barley Soup Egg Salad Sandwich Tossed Salad, Apple <i>Karaoke King</i></p>	<p><b>15</b></p> <p><b>*Orange Chicken</b> Steamed Rice Tossed Salad Watermelon <b>Alternate Option</b> Lentil Soup Tuna Salad on Romaine Roll, Watermelon <i>Bingo for Prizes</i></p>	<p><b>16</b></p> <p><b>Chili with Beans</b> Mixed Vegetables Cornbread Strawberries <b>Alternate Option</b> Chicken Tortilla Soup Cottage Cheese &amp; Fruit on Romaine Cornbread, Strawberries</p>	<p><b>17</b></p> <p><b>*Barbecued Pulled Pork On a Bun</b> Cole Slaw Mandarin Orange Ambrosia <b>Alternate Option</b> Minestrone Soup, Chicken Salad Sandwich, House Salad Mandarin Orange Ambrosia</p>	<p><b>18</b></p> <p><b>Roast Turkey and Gravy</b> Mashed Yams, Brussels Sprouts Cornbread Dressing Pineapple Chunks <b>Alternate Option</b> Chicken and Rice Soup Egg Salad on Romaine, Carrot Sticks, Roll, Pineapple Chunks <i>Dominique Oei on Piano</i></p>
<p><b>21</b></p> <p><b>Shepherd's Pie</b> Spinach Salad Roll Strawberries <b>Alternate Option</b> Vegetable Soup Tuna Salad on Romaine Wheat Crackers, Strawberries <i>Mindful Mondays</i></p>	<p><b>22</b></p> <p><b>Breaded Fish</b> Tartar Sauce Macaroni and Cheese Green Beans, Diced Melon <b>Alternate Option</b> Chicken Soup Egg Salad Sandwich House Salad, Diced Melon <i>Bingo for Prizes</i></p>	<p><b>23</b></p> <p><b>Chicken Pot Pie</b> Spinach Salad Chuckwagon Corn Roll, Orange <b>Alternate Option</b> Lentil Soup Cottage Cheese and Fruit Wheat Cracker, Orange</p>	<p><b>24</b></p> <p><b>*Spaghetti and Meatballs</b> House Salad Mixed Vegetables Apple <b>Alternate Option</b> Split Pea Soup Chicken Salad on Romaine Carrot Sticks, Roll, Apple</p>	<p><b>Memorial Day Luncheon 25</b></p> <p> <b>Marinated Chicken</b> Potato Salad Steamed Broccoli Roll, Peach Cobbler <b>Alternate Option</b> Barley Soup, Tuna Salad Sandwich Potato Salad on Romaine Peach Cobbler <i>Toe Tappers Patriotic Show</i></p>
<p><b>28</b></p> <p> <b>Memorial Day Center Closed</b></p>	<p><b>29</b></p> <p><b>Beef Tips Over Rice</b> Green Beans Orange <b>Alternate Option</b> Lentil Soup Tuna Salad on Romaine Carrot Sticks, Roll, Orange <i>Bingo for Prizes</i></p>	<p><b>30</b></p> <p><b>Fresh Spinach Salad with Grilled Chicken and Mandarin Oranges,</b> Chicken Tortilla Soup Roll, Watermelon <b>Alternate Option</b> Chicken Tortilla Soup Cottage Cheese &amp; Fruit on Romaine Wheat Cracker, Watermelon</p>	<p><b>31</b></p> <p><b>*Apple Glazed Pork Roast</b> Roasted Potatoes Mixed Vegetables Roll, Cantaloupe <b>Alternate Option</b> Split Pea Soup Egg Salad on Romaine Roll, Cantaloupe</p>	<p><b>Reservations are required. Please call 760.643.5288 by 2pm the previous day.</b></p> <p><b>No eligible person shall be denied a meal because of failure or inability to contribute.</b></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.