

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Baked Ziti with Meat Sauce Seasoned Cauliflower Peaches Lighter Fare Lemon Chicken Seasoned Broccoli Wheat Roll, Peaches</p>	<p>2</p> <p>Chicken Pot Pie Spinach Salad Orange Wedges Lighter Fare Lentil Soup Tuna and Lettuce Wrap Orange Wedges <i>Bingo</i></p>	<p>3</p> <p>Meatloaf Mashed Potatoes Zucchini Roll, Fruit and Yogurt Lighter Fare Cranberry Glazed Turkey Buttered Carrots Roll, Fruit and Yogurt</p>	<p>4</p> <p>Lemon Baked Fish Rice Pilaf Peas and Carrots Diced Fruit Lighter Fare Split Pea Soup House Salad w/Grilled Chicken Roll, Diced Fruit</p>	<p>5</p> <p>Bratwurst on a Bun Sauerkraut Mixed Vegetables Baked Apple Lighter Fare Cheesburger with Lettuce and Tomato, Cole Slaw Baked Apple <i>Mark Borgas on Guitar</i></p>
<p>8</p> <p>Beef Burgundy Tips Roasted Red Potatoes Tossed Salad Roll, Pineapple Tidbits Lighter Fare Tilapia Fillet Roasted Vegetables Roll, Pineapple Tidbits</p>	<p>9</p> <p>Pork Roast Gravy, Brown Rice Mixed Vegetables Tropical Fruit Lighter Fare Minestrone Soup Egg Salad Sandwich Tossed Salad, Tropical Fruit <i>Bingo</i></p>	<p>10</p> <p>Oven Fried Chicken Potato Salad Baked Beans Roll, Diced Fruit Lighter Fare Beef Rolled Tacos Lettuce, Cheese and Salsa Refried Beans, Diced Fruit</p>	<p>11</p> <p>Open Faced Turkey Sandwich Gravy, Beets Seasoned Broccoli Banana Lighter Fare Vegetable Soup House Salad with Tuna Roll, Banana</p>	<p>Fall Hawaiian Luncheon 12</p> <p>Sweet and Sour Meatballs Rice Mixed Vegetables Mandarin Oranges Lighter Fare Grilled Chicken Thigh Southwestern Corn Roll, Mandarin Oranges <i>Sunset Strummers Ukulele Group</i></p> 
<p>15</p> <p>Pineapple Chicken Spinach Salad Stir Fried Noodles Orange Wedges Lighter Fare Vegetable Soup Egg Salad on Shredded Romaine Roll, Orange Wedges</p>	<p>16</p> <p>Open Faced Roast Beef Sandwich with Gravy California Blend Vegetables Ambrosia Lighter Fare Lentil Soup Tuna Sandwich House Salad, Ambrosia <i>Bingo</i></p>	<p>17</p> <p>Fish Cake with Tartar Sauce Herbed Pasta Seasoned Peas Fruit and Yogurt Lighter Fare Chicken and Rice Soup Cottage Cheese on Romaine Carrot Salad, Roll, Fruit & Yogurt</p>	<p>18</p> <p>Beef Stroganoff Egg Noodles Salad Diced Melon Lighter Fare Chicken Tortilla Soup House Salad with Diced Turkey Roll, Diced Melon</p>	<p>19</p> <p>Chicken Marsala over Rice Green Beans Tossed Salad Apple Lighter Fare Lentil Soup Tuna Salad on Romaine Roll, Apple <i>Mark Borgas on Guitar</i></p>
<p>22</p> <p>Baked Tilipia Tartar Sauce Parmesan Noodles Pickled Beets, Roll, Peaches Lighter Fare Veggie Soup Cottage Cheese on Shredded Romaine, Crackers, Peaches</p>	<p>23</p> <p>Chicken Chow Mein Rice Broccoli and Carrot Medley Apple Crisp Lighter Fare Lentil Soup Ranch Chicken Salad on Spinach Roll, Apple Crisp <i>Bingo</i></p>	<p>24</p> <p>Lasagna with Meat Sauce Sautéed Spinach Garlic Bread Mandarin Oranges Lighter Fare Split Pea Soup Tuna and Lettuce Wrap Mandarin Oranges</p>	<p>25</p> <p>Savory Roasted Pork Loin Gravy, Macaroni and Cheese Steamed Zucchini Tropical Fruit Lighter Fare Minestrone Soup Egg Salad on House Salad Roll, Tropical Fruit</p>	<p>26</p> <p>Beef and Cabbage Casserole Mashed Potatoes Roll Banana Lighter Fare Barley Soup Chicken Caesar Salad Roll, Banana <i>Mark Borgas on Guitar</i></p>
<p>29</p> <p>Turkey a la King Egg Noodles Pacific Blend Vegetables Pineapple Chunks Lighter Fare Minestrone Soup, Tuna Salad on Romaine, Marinated Carrots Roll, Pineapple Chunks</p>	<p>30</p> <p>Chicken Cordon Bleu Casserole Over Rice Brussels Sprouts Baked Apples Lighter Fare Split Pea Soup Egg Salad Sandwich House Salad, Baked Apples <i>Bingo</i></p>	<p>Halloween Buffet 31</p> <p>Mummy Meatloaf Baked Haunted Ham Ghostly Gravy Gory Green Beans Monster Mashed Yams Creepy Roll Spooky Ambrosia Blues Pharaohs</p> 	<p>Lunch served at noon. Check in by 11:45a.m.</p> <p>Senior 60+: \$4 donation. Under 60 years of age: \$8 fee.</p>	<p>Reservations 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>

(*) 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.