

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>		<p>1</p> <p>Salmon Patty Creamy Dill Sauce Rice Pilaf, Broccoli Florets Spiced Peaches Alternate Option Vegetable Soup Chicken Salad Sandwich Spinach Salad, Spiced Peaches</p>	<p>2</p> <p>Honey Baked Ham Scalloped Potatoes Peas and Carrots Roll, Tropical Fruit Alternate Option Beef Barley Soup Tuna and Lettuce Wrap Tropical Fruit <i>Mark Borgas on Guitar</i></p>
<p>5</p> <p>Chili with Beans Spinach Salad Cornbread Ambrosia Alternate Option Tortilla Soup, Cottage Cheese on Romaine, Carrot Salad Wheat Crackers, Ambrosia</p>	<p>6</p> <p>Sweet and Sour Pork Steamed Rice Tossed Salad Pineapple Tidbits Alternate Option Beef Barley Soup Egg Salad Sandwich Tossed Salad, Pineapple Tidbits <i>Bingo</i></p>	<p>7</p> <p>Rotisserie Chicken Thigh Macaroni and Cheese Brussels Sprouts Pears Alternate Option Vegetable Soup Tuna Salad on Romaine Marinated Vegetables, Roll, Pears</p>	<p>8</p> <p>Lasagna with Meat Sauce Mixed Vegetables Roll Mandarin Oranges Alternate Option Split Pea Soup Turkey Caesar Salad Roll, Mandarin Oranges</p>	<p>9</p> <p>Veterans Day Luncheon Barbecued Pulled Pork Sandwich Coleslaw Peach Crisp Alternate Option Lentil Soup Chicken Salad on Spinach Roll, Peach Crisp <i>The Music Men</i></p>
<p>12</p> <p>Oven Fried Chicken Candied Yams Green Beans Roll, Peach Cobbler Alternate Option Barley Soup Egg Salad Sandwich Tossed Salad, Peach Cobbler</p>	<p>13</p> <p>Open Faced Turkey Sandwich Gravy Brussels Sprouts Tropical Fruit Alternate Option Vegetable Soup Chicken Salad Wrap, Marinated Vegetables, Tropical Fruit <i>Bingo</i></p>	<p>14</p> <p>Meat Loaf and Gravy Garlic Red Potatoes Parsley Carrots Roll, Pineapple Crisp Alternate Option Lentil Soup Tuna Salad on Spinach Roll, Pineapple Crisp <i>Tai Chi Chuan Demonstration</i></p>	<p>15</p> <p>Grilled Tuna Steak Tartar Sauce, Brown Rice Roasted Vegetable Blend Banana Alternate Option Split Pea Soup Cottage Cheese on Romaine Wheat Cracker, Banana</p>	<p>16</p> <p>Roast Beef with Gravy Baked Potato Seasoned Spinach Roll, Apple Crisp Alternate Option Minestrone Soup Garden Salad w/ Diced Chicken Roll, Apple Crisp <i>Mark Borgas on Guitar</i></p>
<p>19</p> <p>Beef Enchilada Casserole Mixed Vegetables Roll, Mandarin Oranges Alternate Option Chicken with Rice Soup Cottage Cheese on Romaine Mixed Vegetables Crackers, Mandarin Oranges</p>	<p>20</p> <p>Greek Marinated Chicken Rice Pilaf Seasoned Broccoli Spiced Peaches Alternate Option Vegetable Soup, Tuna Salad Sandwich with Shredded Lettuce Carrot Salad, Spiced Peaches <i>Bingo</i></p>	<p>21</p> <p>Thanksgiving Buffet Roast Turkey Mashed Potatoes Gravy Stuffing Buttered Asparagus Cranberry Sauce Pumpkin Pie <i>Ricky Rivas</i></p>	<p>22</p> <p>23</p> <p><i>Happy Thanksgiving!</i></p> <p>CENTER CLOSED</p> 	
<p>26</p> <p>Breaded Pollock Fillet Sandwich Tartar Sauce Vegetable Slaw Pneapple and Yogurt Parfait Alternate Option Tomato Soup, Tuna Sandwich Vegetable Slaw Pineapple and Yogurt Parfait</p>	<p>27</p> <p>Baked Chicken Gravy, Mashed Yams Buttered Peas Roll, Pear Cobbler Alternate Option Lentil Soup Egg Salad on Romaine Roll, Pear Cobbler <i>Bingo</i></p>	<p>28</p> <p>Teriyaki Meatballs Fried Rice Seasoned Vegetable Blend Mandarin Oranges Alternate Option Chicken Soup Veggie Wrap Mandarin Oranges</p>	<p>29</p> <p>Honey Glazed Pork Loin Fried Red Cabbage Roasted Potatoes Roll, Chunky Applesauce Alternate Option Split Pea Soup, Chicken Caesar Salad with Shredded Carrots Roll, Chunky Applesauce</p>	<p>30</p> <p>Salisbury Steak with Gravy Macaroni and Cheese Oregon Bean Medley Tropical Fruit Alternate Option Vegetable Soup Garden Salad w/ Diced Turkey Wheat Crackers, Tropical Fruit <i>Mark Borgas on Guitar</i></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.