

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Greek Chicken Brown Rice with Lentils Spinach Salad Orange Alternate Option Barley Soup Egg Salad and Lettuce Wrap Orange</p>	<p>4</p> <p>Meat Loaf and Gravy Mashed Potatoes California Blend Vegetables Roll, Pineapple Tidbits Alternate Option Vegetable Soup Chicken Salad on Romaine Roll, Pineapple Tidbits Bingo</p>	<p>5</p> <p>*Lasagna with Meat Sauce Zucchini Italian Salad Roll, Ambrosia Alternate Option Split Pea Soup Tuna Sandwich Marinated Vegetables, Ambrosia</p>	<p>6</p> <p>*Ham Steak Cranberry Glaze Baked Yam Salad, Roll, Diced Pears Alternate Option Minestrone Soup Chicken Caesar Salad Baked Yam, Roll, Diced Pears</p>	<p>7</p> <p>Holiday in Hawaii Hawaiian Pork Roast Brown Rice, Spinach Salad Baked Apple Alternate Option Split Pea Soup, Cottage Cheese & Vegetables, Crackers Baked Apple Sunset Strummers Ukulele Show</p> 
<p>10</p> <p>Breaded Pollock Filet Sandwich Cole Slaw Peas, Tartar Sauce Pineapple and Yogurt Parfait Alternate Option Lentil Soup Tuna, Lettuce and Carrot Wrap Pineapple and Yogurt Parfait</p>	<p>11</p> <p>Swiss Steak Roasted Potatoes Roll Banana Alternate Option Chicken Soup Cottage Cheese & Vegetables Crackers, Banana Bingo</p>	<p>12</p> <p>Oven Fried Chicken Potato Salad Broccoli and Carrot Medley Roll, Diced Fruit Alternate Option Minestrone Soup Tuna Salad Sandwich Potato Salad, Diced Fruit</p>	<p>13</p> <p>Holiday Buffet Roast Turkey with Gravy Roast Beef with Gravy Cornbread Dressing Mixed Vegetables Roll Holiday Fruit Cup  Toe Tappers Holiday Show</p>	<p>14</p> <p>Salmon Patty Creamy Dill Sauce Red Potatoes, Green Beans Roll, Orange Wedges Alternate Option Beef and Veggie Soup Egg Salad and Lettuce Wrap Orange Wedges Holiday Caroling</p>
<p>17</p> <p>Cheeseburger Lettuce and Tomato Roasted Sweet Potatoes Mandarin Oranges Alternate Option Tortilla Soup Chicken Salad and Spinach Wrap Mandarin Oranges</p>	<p>18</p> <p>Chicken Chow Mein Rice Broccoli Apple Alternate Option Minestrone Soup Tuna Salad Sandwich Marinated Carrots, Apple Bingo</p>	<p>19</p> <p>Hawaiian Pork Roast Macaroni and Cheese Parslied Cauliflower Orange Wedges Alternate Option Corn Chowder Turkey, Lettuce and Cheese Sandwich, Orange Wedges Holiday Caroling</p>	<p>20</p> <p>*Barbecued Meatballs Baked Beans Cole Slaw Roll, Banana Alternate Option Vegetable Soup House Salad with Diced Ham Cole Slaw, Roll, Banana</p>	<p>21</p> <p>Chicken Cordon Bleu Mashed Red Potatoes Brussels Sprouts Roll, Peach Cobbler Alternate Option Split Pea Soup, Egg Salad on Romaine, Marinated Veggies Crackers, Peach Cobbler Holiday Caroling</p>
<p>24</p> <p>CENTER CLOSED</p>	<p>25</p> <p>MERRY CHRISTMAS CENTER CLOSED</p>	<p>26</p> <p>CENTER CLOSED</p>	<p>27</p> <p>CENTER CLOSED</p>	<p>28</p> <p>CENTER CLOSED</p>
<p>31</p> <p>CENTER CLOSED</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.