

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>1</p> <p>HAPPY NEW YEAR CENTER CLOSED</p>	<p>2</p> <p>Bearnaise Chicken Herbed Pasta California Blend Vegetables Roll, Baked Apples Alternate Option Lentil Soup Tuna Salad on Romaine Carrot Salad, Roll, Baked Apples</p>	<p>3</p> <p>Salmon with Lemon Dill Sauce Seasoned Rice Brussels Sprouts, Glazed Carrots Roll, Spiced Peaches Alternate Option Chicken Noodle Soup Egg Salad Sandwich House Salad, Spiced Peaches</p> 	<p>4</p> <p>Welcoming the New Year Buffet *Ham with Pineapple Sauce Rotisserie Chicken Mashed Yams House Salad Roll Pear and Cranberry Cobbler <i>Peter Seltser</i></p>
<p>7</p> <p>*Lasagna with Meat Sauce Seasoned Cauliflower Roll Banana Alternate Option Minestrone Soup Tuna Salad Sandwich Spinach Salad, Banana</p>	<p>8</p> <p>Beef Fajitas Refried Beans House Salad Tortilla, Tropical Fruit Salad Alternate Option Beef Vegetable Soup Cottage Cheese on Romaine Roll, Tropical Fruit Salad <i>Bingo</i></p>	<p>9</p> <p>Hearty Turkey Stew Tossed Salad Biscuit Ambrosia Alternate Option Tomato Soup Chicken Salad on Romaine Carrot Sticks, Roll, Ambrosia</p>	<p>10</p> <p>*Sweet and Sour Pork Brown Rice Chinese Cabbage Salad Mandarin Oranges Alternate Option Barley Soup House Salad with Turkey Strips Roll, Mandarin Oranges</p>	<p>11</p> <p>Chicken and Broccoli Alfredo Penne Pasta Seasoned Carrots Diced Fruit Alternate Option Chicken Noodle Soup Egg Salad Sandwich House Salad, Diced Fruit <i>Mark Borgas</i></p>
<p>14</p> <p>*Ham and Cheese Quiche Peas and Carrots House Salad Roll, Pineapple Parfait Alternate Option Potato Soup, Spinach Salad with Chicken, Marinated Carrots Roll, Pineapple Parfait</p>	<p>15</p> <p>*Barbecued Chicken Baked Potato Broccoli Roll, Peach Cobbler Alternate Option Tomato Basil Soup Tuna Salad on Romaine Roll, Peach Cobbler <i>Bingo</i></p>	<p>16</p> <p>Lemon Baked Tilapia Rice Pilaf Brussels Sprouts Fruit and Yogurt Alternate Option Chicken Soup Egg Salad Sandwich House Salad, Fruit and Yogurt</p>	<p>17</p> <p>Peach & Rosemary Glazed Pork Candied Yams House Salad Roll, Naval Orange Alternate Option Lentil Soup Chicken Pasta Salad on Romaine Roll, Naval Orange</p>	<p>18</p> <p>Roast Beef with Gravy Mashed Potatoes Seasoned Spinach Roll, Baked Apple Alternate Option Barley Soup Cottage Cheese and Fruit Roll, Baked Apple <i>Trivia with Yolanda</i></p>
<p>21</p> <p>MARTIN LUTHER KING JR. DAY CENTER CLOSED</p>	<p>22</p> <p>Meat Loaf and Gravy Macaroni and Cheese Green Beans Orange Alternate Option Minestrone Soup Egg Salad on Romaine Roll, Orange <i>Bingo</i></p>	<p>23</p> <p>Winter Wonderland Luncheon Roasted Chicken Mashed Yams Mixed Vegetables Roll, Pineapple Tidbits Alternate Option Split Pea Soup, Tuna Salad on Romaine, Carrot Salad Roll, Pineapple Tidbits <i>Randy Renner</i></p> 	<p>24</p> <p>*Beef and Macaroni Casserole House Salad Fruited Jell-O Alternate Option Chicken Tortilla Soup Cottage Cheese & Garden Vegetables on Romaine Crackers, Fruited Jell-O</p> 	<p>25</p> <p>Chinese Ginger Chicken Stir Fried Noodles Mixed Vegetables Mandarin Ambrosia Alternate Option Lentil Soup Garden Salad with Diced Turkey Roll, Mandarin Ambrosia <i>Mark Borgas</i></p>
<p>28</p> <p>Beef Stroganoff over Noodles California Blend Vegetables Roll Diced Peaches Alternate Option Beef Barley Soup Egg Salad on Romaine Roll, Diced Peaches</p>	<p>29</p> <p>Pork Carnitas Taco with Slaw Pinto Beans Spanish Rice Corn Tortilla Alternate Option Chicken Rice Soup Tuna Sandwich Cole Slaw, Tropical Fruit Salad <i>Bingo</i></p>	<p>30</p> <p>Open-Faced Turkey Sandwich Gravy, Mashed Yams Seasoned Spinach Fresh Apple Alternate Option Minestrone Soup Garden Salad w/ Cottage Cheese Roll, Fresh Apple</p>	<p>31</p> <p>*Spaghetti with Meat Sauce House Salad Pears Alternate Option Tomato Soup Chicken Caesar Salad with Shredded Carrots, Pears</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.