

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>*Beef Cabbage Rolls Mashed Potatoes Salad, Wheat Roll Strawberry Shortcake Alternate Option Vegetable Soup Tuna Salad Wrap, Carrot Sticks Strawberry Shortcake</p>	<p>4</p> <p>*Ham Steak Cranberry Glaze Baked Yam Salad, Wheat Roll, Ambrosia Alternate Option Barley Soup Egg Salad on Romaine Wheat Roll, Ambrosia <i>Bingo</i></p>	<p>5</p> <p>Baked Chicken with Gravy Red Potatoes Spinach Salad Wheat Roll, Peach Cobbler *Alternate Option Split Pea Soup, Cottage Cheese and Pineapple on Romaine Wheat Roll, Peach Cobbler <i>Lucille Guevarra on Piano</i></p>	<p>6</p> <p>*Beef Stroganoff over Egg Noodles Mixed Vegetables Wheat Roll, Orange Wedges Alternate Option Minestrone Soup, Chicken Salad on Wheat, Marinated Vegetables, Orange Wedges</p>	<p>7</p> <p>*Shredded Pork Seasoned Rice Broccoli Watermelon Alternate Option Lentil Soup Garden Salad w/ Turkey Strips Wheat Crackers, Watermelon <i>Mark Borgas on Guitar</i></p>
<p>10</p> <p>Breaded Fish Tartar Sauce, AuGratin Potatoes Green Beans, Roll Strawberries *Alternate Option Chicken Soup, Cottage Cheese and Pineapple on Romaine Wheat Crackers, Strawberries</p>	<p>11</p> <p>Beef Tips over Egg Noodles Peas and Carrots Wheat Roll Cantaloupe Alternate Option Vegetable Soup Tuna Sandwich, House Salad Cantaloupe <i>Bingo</i></p>	<p>12</p> <p>*Turkey & Stuffing Casserole Brussels Sprouts Wheat Roll Pear and Cranberry Compote Alternate Option Barley Soup, Egg Salad on Wheat, House Salad Pear and Cranberry Compote</p>	<p>13</p> <p>*Chicken Cacciatore Herbed Pasta, Spinach Salad Wheat Roll Mandarin Oranges in Jell-O Alternate Option Tortilla Soup, Bean and Cheese Burrito, Vegetable Slaw Mandarin Oranges in Jell-O</p>	<p>Father's Day 14</p> <p>Luncheon</p> <p>Roast Beef and Gravy Mashed Potatoes California Blend Vegetables Wheat Roll Peach Cobbler <i>Peter Seltser</i></p> 
<p>17</p> <p>*Barbecue Beef on a Bun on a Bun Vegetable Slaw Honeydew Melon Alternate Option Lentil Soup Tuna on Wheat, Broccoli Salad Honeydew Melon</p>	<p>18</p> <p>*Turkey Tetrzini Pickled Beets Broccoli and Carrot Medley Mixed Fruit Alternate Option Vegetable Soup, Chicken Caesar Salad with Shredded Carrots Wheat Crackers, Mixed Fruit <i>Bingo</i></p>	<p>19</p> <p>Oven Fried Chicken Candied Yams Peas and Carrots Wheat Roll, Fruit Cup Alternate Option Barley Soup, Egg Salad on Romaine, Carrot Sticks Wheat Roll, Fruit Cup <i>Lucille Guevarra on Piano</i></p>	<p>20</p> <p>Fish Taco on Corn Tortilla with Cabbage and Salsa Pinto Beans, Seasoned Rice Strawberries *Alternate Option Split Pea Soup, Ranch Chicken Salad on Romaine Wheat Roll, Strawberries</p>	<p>21</p> <p>First Day of Summer Barbecue</p> <p>Cheeseburger Potato Salad Baked Beans Watermelon <i>Ricky Rivas</i></p> 
<p>24</p> <p>Chicken a la King Over a Biscuit Roasted Vegetables Fresh Melon *Alternate Option Minestrone Soup Turkey and Cheese Sandwich Garden Salad, Fresh Melon</p>	<p>25</p> <p>*Beef and Macaroni Casserole House Salad Steamed Cauliflower Ambrosia Alternate Option Chicken Soup Egg Salad on Fresh Spinach Wheat Crackers, Ambrosia <i>Bingo</i></p>	<p>26</p> <p>Apple Pork Roast with Gravy Rice Pilaf Seasoned Spinach Fresh Orange Alternate Option Lentil Soup, Tuna Salad on Romaine, Carrot Sticks Wheat Roll, Fresh Orange</p>	<p>27</p> <p>Meat Loaf with Gravy Baked Potato Mixed Vegetables Wheat Roll, Tropical Fruit *Alternate Option Corn Chowder Chicken Salad on Romaine Wheat Roll, Tropical Fruit</p>	<p>28</p> <p>Baked Fish with Tartar Sauce Roasted Sweet Potatoes Green Beans, Wheat Roll Fresh Strawberries *Alternate Option Vegetable Soup, Ham and Cheese on Wheat with Lettuce Carrot Salad, Fresh Strawberries <i>Mark Borgas on Guitar</i></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 3pm 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.