

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Swedish Meatballs Egg Noodles Seasoned Brussels Sprouts Roll, Ambrosia, Milk Alternate Option Vegetable Soup Chicken Caesar Salad w/Shredded Carrots, Roll, Ambrosia, Milk</p>	<p>2</p> <p>Cranberry Glazed Pork Roast Rice Pilaf California Blend Vegetables Watermelon, Milk Alternate Option Split Pea Soup Egg Salad Sandwich, Cole Slaw Watermelon, Milk <i>Bingo</i></p>	<p>3</p> <p>Independence Day Buffet *Barbecued Chicken Baked Sweet Potato Cole Slaw Cornbread Orange, Milk <i>Blues Pharaohs</i></p>	<p>4</p> 	<p>5</p> <p>Baked Pollock Fillet Tartar Sauce, Herbed Pasta Mixed Vegetables Mandarin Oranges in Jell-O, Milk Alternate Option Lentil Soup, Tuna Sandwich Marinated Vegetables Mandarin Oranges in Jell-O, Milk <i>Mark Borgas on Guitar</i></p>
<p>8</p> <p>*Salisbury Steak with Gravy Mashed Potatoes Mixed Vegetables Roll, Fresh Strawberries, Milk Alternate Option Minestrone Soup, Grilled Chicken Sandwich, Roasted Sweet Potatoes, Fresh Strawberries, Milk</p>	<p>9</p> <p>Turkey a la King over a Biscuit Seasoned Spinach Cantaloupe Milk Alternate Option Lentil Soup, Tuna Salad on Romaine, Carrot Salad, Wheat Crackers, Cantaloupe, Milk <i>Bingo</i></p>	<p>10</p> <p>Baked Chicken Rice Pilaf Snap Peas, Roll Pineapple Cobbler, Milk Alternate Option Split Pea Soup House Salad with Egg, Wheat Roll, Pineapple Cobbler, Milk <i>Ice Cream Sundae Fun Day</i></p>	<p>11</p> <p>*Barbecued Pulled Pork Sandwich Broccoli Salad Watermelon Milk Alternate Option Corn Chowder Chicken Salad Sandwich, House Salad, Watermelon, Milk <i>Junior and Senior Bingo</i></p>	<p>12</p> <p>Roast Beef with Gravy Mashed Sweet Potatoes Green Beans Roll, Baked Apples, Milk Alternate Option Vegetable Soup Turkey, Lettuce, and Cheese Wrap Baked Apples, Milk <i>Mark Borgas on Guitar</i></p>
<p>15</p> <p>*Beef and Cabbage Casserole Mashed Potatoes Salad Roll, Cantaloupe, Milk Alternate Option Barley Soup Egg Salad Sandwich House Salad, Cantaloupe, Milk</p>	<p>16</p> <p>*Chicken Alfredo over Penne Pasta Spinach Salad Fresh Strawberries, Milk Alternate Option Vegetable Soup Tuna Salad on Romaine, Roll Fresh Strawberries, Milk <i>Intergenerational Bingo</i></p>	<p>17</p> <p>*Sweet and Sour Pork Steamed Rice Tossed Salad Tropical Fruit, Milk Alternate Option Lentil Soup, Garden Salad with Egg and Shredded Carrots Wheat Roll, Tropical Fruit, Milk <i>Lucille Guevarra on Piano</i></p>	<p>18</p> <p>Summer Barbecue Marinated Grilled Chicken Macaroni Salad Mixed Vegetables Orange, Milk <i>Richard Armstrong on Guitar</i></p> 	<p>19</p> <p>Roast Turkey with Gravy Bread Dressing California Blend Vegetables Peach Cobbler, Milk Alternate Option Minestrone Soup Tuna Sandwich, House Salad Peach Cobbler, Milk <i>Mark Borgas on Guitar</i></p>
<p>22</p> <p>Fish Taco with Cabbage, Cheese and Salsa Refried Beans, Spanish Rice Cantaloupe, Milk *Alternate Option Chicken Soup Cottage Cheese on Romaine Wheat Crackers, Cantaloupe, Milk</p>	<p>23</p> <p>*Lasagna with Meat Sauce Seasoned Spinach Garlic Roll Ambrosia, Milk Alternate Option Minestrone Soup, Chicken Caesar Salad w/Shredded Carrots, Roll, Ambrosia, Milk <i>Bingo</i></p>	<p>24</p> <p>Fried Chicken Potato Salad Green Beans Fresh Strawberries, Roll, Milk Alternate Option Vegetable Soup Tuna Salad on Romaine, Roll Fresh Strawberries, Milk <i>Wild West Intergenerational Day</i></p>	<p>25</p> <p>Pot Roast with Gravy Red Potatoes Carrots, Roll Diced Melon Cup, Milk Alternate Option Split Pea Soup, Egg Salad Sandwich, House Salad Diced Melon Cup, Milk</p>	<p>26</p> <p>Baked Chicken Thigh w/Gravy Macaroni and Cheese Broccoli Banana, Milk Alternate Option Tortilla Soup Bean and Cheese Burrito Tossed Salad, Banana, Milk <i>Mark Borgas on Guitar</i></p>
<p>29</p> <p>Beef Stroganoff Egg Noodles California Blend Vegetables Roll, Pineapple Tidbits, Milk Alternate Option Minestrone Soup, Chicken Salad on Wheat, House Salad Pineapple Tidbits, Milk</p>	<p>30</p> <p>*Breaded Fish Tartar Sauce, Potato Wedges Summer Blend Vegetables Roll, Diced Melon, Milk Alternate Option Chicken Soup Egg Salad Sandwich House Salad, Diced Melon, Milk <i>Bingo</i></p>	<p>31</p> <p>*Chinese Fried Rice with Teriyaki Chicken Snap Peas Fresh Strawberries, Milk Alternate Option Lentil Soup, Garden Salad w/Diced Turkey & Shredded Carrots, Wheat Roll, Fresh Strawberries, Milk</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.