

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 3pm 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>*Spaghetti with Meat Sauce Spinach Salad Garlic Bread Cantaloupe, Milk *Alternate Option Minestrone Soup, Chicken Caesar Salad with Shredded Carrots, Roll, Cantaloupe, Milk <i>Wild West Intergenerational Day</i></p>	<p>2</p> <p>Rotisserie Chicken Roasted Potatoes Mixed Vegetables, Roll Fresh Strawberries, Milk Alternate Option Split Pea Soup, Egg Salad on Romaine, Carrot Sticks, Rye Cracker, Fresh Strawberries, Milk <i>Youth Commission Game Day</i></p>
<p>5</p> <p>*Pork Roast with Gravy Red Potatoes Sauerkraut, Roll Tropical Fruit, Milk Alternate Option Corn Chowder, Diced Turkey on Mixed Greens, House Salad Roll, Tropical Fruit, Milk</p>	<p>6</p> <p>Swedish Meatballs Egg Noodles Glazed Carrots, Roll Orange Wedges, Milk Alternate Option Beef Vegetable and Barley Soup Egg Salad Sandwich, Tossed Salad, Orange Wedges, Milk <i>Bingo</i></p>	<p>7</p> <p>Catch of the Day Rice Pilaf, California Blend Vegetables, Pineapple Crisp, Milk Alternate Option Navy Bean Soup, Tuna Salad on Mixed Greens, Carrot Salad Wheat Crackers Pineapple Crisp, Milk <i>Lucille Gueverra on Piano</i></p>	<p>8</p> <p>Summer Barbecue  Barbecued Pork Ribs Baked Beans Collard Greens Roll Apple Cobbler Milk <i>Randy Renner</i></p>	<p>9</p> <p>Cranberry Glazed Chicken Mashed Yams Green Beans Roll, Diced Melon, Milk Alternate Option Meatball Sandwich Marinated Vegetables Diced Melon, Milk <i>Dominique Oei on Piano</i></p>
<p>12</p> <p>Meat Loaf with Gravy Macaroni and Cheese Stewed Tomatoes Strawberries, Milk Alternate Option Minestrone Soup Chicken & Roasted Vegetables Wrap, Strawberries, Milk</p>	<p>13</p> <p>Greek Chicken Lemon Herbed Rice Seasoned Spinach Cantaloupe, Milk Alternate Option Lentil Soup Tuna Salad Sandwich Carrot Sticks, Cantaloupe, Milk <i>Bingo</i></p>	<p>14</p> <p>*Chinese Beef and Peppers Stir Fried Noodles Peas and Carrots Orange Wedges, Milk Alternate Option Cream of Potato Soup Strawberry & Chicken Spinach Salad, Roll, Orange Wedges, Milk</p>	<p>15</p> <p>*Honey Baked Ham Mashed Yams, Green Beans Roll, Honeydew Melon, Milk Alternate Option Vegetable Soup Turkey & Cheese Sandwich with Lettuce & Tomato, Vegetable Slaw Honeydew Melon, Milk</p>	<p>16</p> <p>Salmon Filet Dill Sauce, Baked Potato Scandinavian Vegetables, Roll Mandarin Orange Ambrosia, Milk Alternate Option Tomato Soup, Egg Salad Sandwich, Carrot Salad Mandarin Orange Ambrosia, Milk</p>
<p>19</p> <p>Chicken Pot Pie Tossed Salad, Roll Honeydew Melon, Milk Alternate Option Cream of Broccoli Soup House Salad with Egg, Cheese, and Tomato, Crackers Honeydew Melon, Milk</p>	<p>20</p> <p>Salisbury Steak Mashed Potatoes California Blend Vegetables Roll, Mandarin Oranges, Milk *Alternate Option Tortilla Soup Bean & Cheese Burrito, Tossed Salad, Mandarin Oranges, Milk <i>Bingo</i></p>	<p>21</p> <p>National Senior Citizens Day Roast Turkey with Gravy Candied Yams, Green Beans Roll, Strawberries, Milk *Alternate Option Vegetable Soup, Chicken Caesar Salad with Shredded Carrots, Roll, Strawberries, Milk <i>Sundance Band</i></p>	<p>22</p> <p>Chicken Parmesan Spaghetti Glazed Carrots Tropical Fruit, Milk Alternate Option Chicken Noodle Soup, Tuna on Mixed Greens, Shredded Carrots Crackers, Tropical Fruit, Milk</p>	<p>23</p> <p>Baked Denver Omelet Home Fried Potatoes Biscuit Diced Melon, Milk Alternate Option Split Pea Soup, House Salad with Grilled Chicken, Wheat Cracker, Diced Melon, Milk</p>
<p>26</p> <p>Lasagna with Meat Sauce Tossed Salad Garlic Roll Tropical Fruit, Milk *Alternate Option Vegetable Soup Turkey & Cheese Sandwich House Salad, Tropical Fruit, Milk</p>	<p>27</p> <p>Chicken Fajita Rice and Beans Tossed Salad, Pico de Gallo Strawberries, Milk Alternate Option Tomato Soup Egg Salad Sandwich Carrot Salad, Strawberries, Milk <i>Bingo</i></p>	<p>28</p> <p>Cheeseburger Potato Wedges, Vegetable Slaw, Watermelon, Milk *Alternate Option Split Pea Soup House Salad w/Turkey Strips and Tomato, Wheat Cracker Watermelon, Milk</p>	<p>29</p> <p>Sweet & Sour Pork over Rice Ginger Carrots Mandarin Orange Parfait, Milk Alternate Option Cream of Potato Soup Strawberry and Chicken Spinach Salad, Roll Mandarin Orange Parfait, Milk</p>	<p>30</p> <p>Labor Day Luncheon Oven Fried Chicken Macaroni Salad Broccoli and Carrot Medley Peach Cobbler Milk  <i>Ricky Rivas</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.