

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CENTER CLOSED 2</p>  <p>HAPPY •• LABOR DAY ••</p>	<p>3</p> <p>*Beef Stroganoff Egg Noodles Roasted Vegetables Melon, Milk Alternate Option Carrot Soup Tuna Salad on Romaine Wheat Crackers, Melon, Milk</p> <p><i>Bingo</i></p>	<p>4</p> <p>Herbed Tilapia Cilantro Rice Peas and Carrots Strawberry Parfait, Milk Alternate Option Cream of Potato Soup BLT Sandwich, House Salad Strawberry Parfait, Milk</p> <p><i>Lucille Gueverra on Piano</i></p>	<p>5</p> <p>Lemon Chicken Mashed Potatoes Seasoned Spinach, Roll Banana, Milk Alternate Option Split Pea Soup Egg Salad Sandwich House Salad, Banana, Milk</p>	<p>6</p> <p>GRANDPARENTS DAY *</p> <p>Honey Baked Ham Mashed Yams House Salad Roll Fresh Orange Milk</p> <p><i>Boogie Woogie Duo</i></p>
<p>9</p> <p>*Vegetable Lasagna Seasoned Spinach Garlic Roll Melon, Milk Alternate Option Tomato Rice Soup, Turkey & Cheese Sandwich House Salad, Melon, Milk</p>	<p>10</p> <p>BBQ Pulled Pork Sandwich Cole Slaw Tropical Fruit Salad Milk Alternate Option Navy Bean Soup, Chicken Caesar Salad, Wheat Cracker Tropical Fruit Salad, Milk</p> <p><i>Bingo</i></p>	<p>11</p> <p>Greek Chicken Lemon Herbed Rice House Salad Pineapple Crisp, Milk Alternate Option Corn Chowder, Tuna Salad & Shredded Carrots on Mixed Greens, Roll, Pineapple Crisp Milk</p>	<p>12</p> <p>*Baked Salmon Pasta in Alfredo Sauce Mixed Vegetables Mandarin Oranges, Milk Alternate Option Vegetable Soup Curried Chicken Salad on Romaine, Carrot Salad, Roll Mandarin Oranges, Milk</p>	<p>13</p> <p>Meat Loaf and Gravy Mashed Potatoes Broccoli and Carrot Medley Roll, Banana, Milk Alternate Option Lentil Soup Ham and Cheese Sandwich Cole Slaw, Banana, Milk</p> <p><i>Mark Borgas on Guitar</i></p>
<p>16</p> <p>Baked Whitefish Macaroni and Cheese Zucchini, Squash & Carrot Medley, Strawberries, Milk Alternate Option Italian Vegetable Soup Chicken Caesar Salad, Wheat Cracker, Strawberries, Milk</p>	<p>17</p> <p>*BBQ Chicken Baked Yam Winter Blend Vegetables Roll, Baked Apple, Milk Alternate Option Cream of Broccoli Soup Tuna, Shredded Carrot & Lettuce Wrap, Baked Apple, Milk</p> <p><i>Bingo</i></p>	<p>18</p> <p>*Cheeseburger with Lettuce and Tomato, Potato Salad Green Beans Ambrosia, Milk Alternate Option Beef Vegetable Soup, Grilled Cheese Sandwich, Potato Salad Mandarin Orange Ambrosia, Milk</p> <p><i>Lucille Gueverra on Piano</i></p>	<p>19</p> <p>Open Faced Turkey Sandwich on Wheat Bread, Gravy Glazed Carrots, House Salad Orange Wedges, Milk Alternate Option Lentil Soup, Chicken Pasta on Mixed Greens w/Shredded Carrots, Orange Wedges, Milk</p>	<p>20</p> <p>Chicken Fajita w/Peppers and Onions, Spanish Rice House Salad, Wheat Tortilla Cantaloupe, Milk Alternate Option Cream of Mushroom Soup Tuna Sandwich on Wheat House Salad, Cantaloupe, Milk</p> <p><i>Mark Borgas on Guitar</i></p>
<p>23</p> <p>Beef Sloppy Joe Potato Wedges House Salad Tropical Fruit Salad, Milk Alternate Option Vegetable Soup, Chicken Lettuce, & Shredded Carrot Wrap, Tropical Fruit Salad, Milk</p>	<p>24</p> <p>Oven Fried Chicken Candied Yams Mixed Vegetables Roll, Pineapple Tidbits, Milk *Alternate Option Broccoli Soup, Turkey and Cheese Sandwich, Carrot Salad Pineapple Tidbits, Milk</p> <p><i>Bingo</i></p>	<p>25</p> <p>Beef Soft Taco Refried Beans Mexican Tossed Salad Pico de Gallo Strawberries, Milk Alternate Option Beef Tortilla Soup Chicken Quesadilla House Salad, Strawberries, Milk</p>	<p>26</p> <p>*Orange Chicken Steamed Rice Stir Fried Carrots & Cabbage Melon, Milk Alternate Option Egg Flower Soup Tuna Salad on Mixed Greens with Marinated Carrots Melon, Milk</p>	<p>27</p> <p>Potato Soup Chicken, Carrots, Mandarin Oranges and Vinaigrette Dressing on Fresh Spinach Roll Baked Apples Milk (No Alternate Option)</p> <p><i>Mark Borgas on Guitar</i></p>
<p>30</p> <p>Chicken Parmesan over Pasta Peas and Carrots Pineapple Tidbits, Milk *Alternate Option Minestrone Soup Turkey Caesar Salad with Carrots, Wheat Crackers Pineapple Tidbits, 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

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