

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>Salmon Patties Macaroni and Cheese California Blend Vegetables Wheat Roll, Fresh Berries, Milk</p> <p>Alternate Option Vegetarian Chili Chicken Salad Sandwich House Salad, Fresh Berries, Milk</p> <p><i>Bingo</i></p>	<p>2</p> <p>Fried Chicken Vegetable Slaw Baked Beans, Wheat Roll Orange Wedges, Milk</p> <p>Alternate Option Minestrone Soup, Roasted Veggie & Swiss Cheese Wrap Orange Wedges, Milk</p> <p><i>Lucille Gueverra on Piano</i></p>	<p>3</p>  <p>*Bratwurst with Sauerkraut Mashed Potatoes Pickled Beets Wheat Roll Ambrosia, Milk</p>	<p>4</p> <p>Pork Loin and Gravy Baked Yam Salad, Roll Tropical Fruit, Milk</p> <p>Alternate Option Chicken Tortilla Soup, Cottage Cheese & Tomato on Romaine Wheat Roll, Tropical Fruit, Milk</p> <p><i>Mark Borgas on Guitar</i></p>
	<p>7</p> <p>Baked Tilapia with Salsa Cilantro Rice Mixed Vegetables Honeydew Melon, Milk</p> <p>Alternate Option Soup of the Day Turkey and Cheese Sandwich Cole Slaw, Honeydew Melon, Milk</p>	<p>8</p> <p>Turkey Meatloaf and Gravy Red Potatoes Seasoned Spinach Wheat Roll, Pineapple Chunks, Milk</p> <p>Alternate Option Vegetable Soup, Grilled Tuna on Spring Mix, Shredded Carrots Roll, Pineapple Chunks, Milk</p> <p><i>Bingo</i></p>	<p>9</p> <p>*Chicken Cacciatore & Pasta Italian Tossed Salad Mandarin Oranges Milk</p> <p>*Alternate Option Corn Chowder, Roast Pork Cuban Sandwich, Carrot Salad Mandarin Oranges, Milk</p>	<p>10</p> <p>*Walter's Barbecued Pork Ribs Potato Wedges Collard Greens, Wheat Roll Raspberry Parfait, Milk</p> <p>Alternate Option Minestrone Soup, Egg Salad on Romaine with Shredded Carrots Wheat Roll, Raspberry Parfait, Milk</p>
<p>14</p> <p>Shepherd's Pie Winter Blend Vegetables Roll, Pineapple Chunks Milk</p> <p>Alternate Option Soup of the Day, Egg Salad Sandwich, House Salad Pineapple Chunks, Milk</p>	<p>15</p> <p>Italian Baked Chicken Baked Potato Mixed Vegetables Roll, Melon, Milk</p> <p>Alternate Option Navy Bean Soup Ham and Cheese Sandwich House Salad, Melon, Milk</p> <p><i>Bingo</i></p>	<p>16</p> <p>*Baked Denver Omelette Hash Browns Biscuit Tropical Fruit Cup, Milk</p> <p>Alternate Option Broccoli Soup, Grilled Chicken & Marinated Carrots on Spinach Roll, Tropical Fruit Cup, Milk</p> <p><i>Lucille Gueverra on Piano</i></p>	<p>17</p> <p>Roast Turkey with Gravy Candied Yams Green Beans Almondine Roll, Mandarin Oranges, Milk</p> <p>Alternate Option Tortilla Soup Tuna Salad on Mixed Greens Roll, Mandarin Oranges, Milk</p>	<p>18</p> <p>*Lasagna with Meat Sauce Glazed Carrots House Salad, Breadstick Raspberry Parfait, Milk</p> <p>Alternate Option Vegetable Soup, House Salad with Egg and Tomato, Wheat Crackers, Raspberry Parfait, Milk</p> <p><i>Mark Borgas on Guitar</i></p>
<p>21</p> <p>Beef Burgundy over Rice Capri Vegetables Honeydew Melon Milk</p> <p>Alternate Option Soup of the Day, House Salad with Turkey and Cheese Roll, Honeydew Melon, Milk</p>	<p>22</p> <p>*BBQ'd Pulled Pork Sandwich Cole Slaw Orange Wedges Milk</p> <p>Alternate Option Minestrone Soup Egg Salad on Romaine w/Carrots Wheat Roll, Orange Wedges, Milk</p> <p><i>Bingo</i></p>	<p>23</p> <p>Baked Whitefish & Tartar Sauce Macaroni and Cheese Brussels Sprouts Fresh Apple, Milk</p> <p>Alternate Option Mushroom Soup Chicken Caesar Salad, Roll Cherry Tomato, Fresh Apple, Milk</p>	<p>24</p> <p>*Chicken Parmesan Normandy Vegetables Tossed Salad, Breadstick Tropical Fruit Cup, Milk</p> <p>Alternate Option Butternut Squash Soup, Grilled Tuna on Spring Mix w/Carrots Roll, Tropical Fruit Cup, Milk</p>	<p>25</p> <p>Philly Cheesesteak with Peppers and Onions Sweet Potato Fries, Salad Pineapple Crisp, Milk</p> <p>Alternate Option Tomato Soup, Grilled Cheese Sandwich, House Salad Pineapple Crisp, Milk</p> <p><i>Mark Borgas on Guitar</i></p>
<p>28</p> <p>*Sweet and Sour Pork Fried Rice Broccoli and Carrot Medley Mandarin Oranges, Milk</p> <p>Alternate Option Soup of the Day, Grilled Chicken and Roasted Veggie Wrap Mandarin Oranges, Milk</p>	<p>29</p> <p>*Beef Fajitas w/Peppers and Onions over Spanish Rice Mixed Vegetables Spiced Peaches, Milk</p> <p>*Alternate Option Tortilla Soup, Cottage Cheese & Tomato on Romaine, Crackers Spiced Peaches, Milk</p> <p><i>Bingo</i></p>	<p>30</p> <p>Turkey Alfredo with Pasta Seasoned Spinach Honeydew Melon Milk</p> <p>*Alternate Option Split Pea Soup, Tuna Salad on Mixed Greens, Carrot Salad Roll, Honeydew Melon, Milk</p>	<p>31</p>  <p>Chicken Pot Pie Steamed Vegetables House Salad Wheat Roll Strawberry Shortcake Milk</p> <p><i>Ricky Rivas</i></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.