

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>All breads and pastas are whole wheat</p> <p>All milk served is 1% low fat</p>		<p>1</p> <p>Baked Cheese Omelet O'Brien Potatoes Biscuit Honeydew Melon, Milk</p> <p>Alternate Option Vegetable Soup Chicken Salad &amp; Lettuce Wrap Honeydew Melon, Milk</p> <p>Mark Borgas on Guitar</p>
<p>4</p> <p>*Vegetable Lasagna Seasoned Spinach Garlic Roll Orange Wedges, Milk</p> <p>Alternate Option Tomato Rice Soup Turkey and Cheese Sandwich House Salad, Orange Wedges, Milk</p>	<p>5</p> <p>*Barbecued Pulled Pork Sandwich Cole Slaw Tropical Fruit Salad, Milk</p> <p>Alternate Option Navy Bean Soup, Chicken Caesar Salad, Wheat Cracker Tropical Fruit Salad, Milk</p> <p>Bingo</p>	<p>6</p> <p>Lemon Chicken Buttered Noodles Scandinavian Vegetables, Salad Roll, Pineapple Crisp, Milk</p> <p>Alternate Option Corn Chowder, Tuna Salad &amp; Shredded Carrots on Mixed Greens, Pineapple Crisp, Milk</p> <p>Lucille Guevarra on Piano</p>	<p>7</p> <p>Baked Whitefish Macaroni and Cheese Zucchini and Carrot Medley Mandarin Oranges, Milk</p> <p>Alternate Option Vegetable Soup, Curried Chicken Salad on Romaine, Carrot Salad Roll, Mandarin Oranges, Milk</p>	<p>8</p> <p>Veteran's Day Luncheon Meat Loaf Gravy Mashed Potatoes Broccoli Roll Apple Pie Milk</p> <p>Music Station</p>
<p>11</p> <p>Veterans Day Center Closed</p> 	<p>12</p> <p>Roasted Chicken Gravy, Mashed Potatoes Brussels Sprouts Roll, Baked Apple, Milk</p> <p>Alternate Option Cream of Broccoli Soup Tuna, Shredded Carrot, &amp; Lettuce Wrap, Baked Apple, Milk</p> <p>Bingo</p>	<p>13</p> <p>Cheeseburger Lettuce, Tomato, Potato Salad Mixed Vegetables Mandarin Orange Ambrosia, Milk</p> <p>Alternate Option Beef Noodle Soup, Grilled Cheese Sandwich, Potato Salad Mandarin Orange Ambrosia, Milk</p>	<p>14</p> <p>Open Faced Turkey Sandwich on Wheat, Gravy Glazed Carrots, House Salad Orange Wedges, Milk</p> <p>Alternate Option Lentil Soup, Chicken Pasta Salad on Mixed Greens w/Shredded Carrots, Orange Wedges, Milk</p>	<p>15</p> <p>Chicken Fajita with Peppers and Onions, Spanish Rice House Salad, Wheat Tortilla Cantaloupe, Milk</p> <p>Alternate Option Cream of Mushroom Soup Tuna Sandwich on Wheat House Salad, Cantaloupe, Milk</p> <p>Mark Borgas on Guitar</p>
<p>18</p> <p>*Beef Sloppy Joe Potato Wedges House Salad Tropical Fruit Salad, Milk</p> <p>Alternate Option Vegetable Soup, Chicken, Lettuce, and Shredded Carrot Wrap, Tropical Fruit Salad, Milk</p>	<p>19</p> <p>Oven Fried Chicken Candied Yams Mixed Vegetables, Roll Pineapple Tidbits, Milk</p> <p>Alternate Option Broccoli Soup, Turkey and Cheese Sandwich, Carrot Salad Pineapple Tidbits, Milk</p> <p>Bingo</p>	<p>20</p> <p>Beef Soft Taco Mexican Corn, Tossed Salad Pico de Gallo Orange Wedges, Milk</p> <p>Alternate Option Beef Tortilla Soup Chicken Quesadilla, House Salad, Orange Wedges, Milk</p> <p>Lucille Guevarra on Piano</p>	<p>21</p> <p>Orange Chicken Noodles Stir Fried Carrots and Cabbage Diced Melon, Milk</p> <p>Alternate Option Chicken Soup, Tuna Salad on Mixed Greens w/Marinated Carrots, Roll, Diced Melon, Milk</p>	<p>22</p> <p>Herbed Tilapia Tartar Sauce Cilantro Rice, Peas and Carrots Mandarin Orange Parfait, Milk</p> <p>Alternate Option Beef Vegetable Soup, Grilled Cheese Sandwich, House Salad Mandarin Orange Parfait, Milk</p> <p>Mark Borgas on Guitar</p>
<p>25</p> <p>Chicken Alfredo over Pasta California Blend Vegetables Pineapple Tidbits Milk</p> <p>Alternate Option Minestone Soup, Turkey Caesar Salad w/Carrots, Wheat Crackers Pineapple Tidbits, Milk</p>	<p>26</p> <p>*Baked Pasta with Meat Sauce Casserole Sautéed Spinach Tropical Fruit Salad, Milk</p> <p>Alternate Option Cream of Mushroom Soup, Tuna Salad on Wheat, House Salad Tropical Fruit Salad, Milk</p> <p>Bingo</p>	<p>Thanksgiving Day 27</p> <p>Buffet *Roast Turkey and Gravy Sweet Potato Casserole Green Beans Cornbread Dressing Roll Cranberry Sauce Pumpkin Pie, Milk</p> <p>Boogie Woogie Duo</p>	<p>28</p> <p>Thanksgiving Day Center Closed</p> 	<p>29</p> <p>Thanksgiving Holiday Center Closed</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.