

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>Lunch served at noon.</b> <b>Check in by 11:45a.m.</b></p> <p><b>Senior 60+: \$4 donation.</b> <b>Under 60 years of age: \$8 fee.</b></p>	<p><b>Reservations required. Please call 760.643.5288 by 3pm the previous day.</b></p> <p><b>No eligible person shall be denied a meal because of failure or inability to contribute.</b></p>	<p>1</p> <p>CENTER CLOSED HAPPY NEW YEAR</p>	<p>2</p> <p>*Barbecued Chicken Candied Sweet Potatoes Three Bean Salad, Roll Cinnamon Apples, Milk <b>*Alternate Option</b> Chicken Noodle Soup, Cottage Cheese w/Tomato on Romaine Wheat Crackers, Cinnamon Apples, Milk</p>	<p>3</p> <p>Sweet and Sour Pork Steamed Rice Tossed Salad Mandarin Oranges, Milk <b>Alternate Option</b> Three Bean Soup, Salad with Egg &amp; Shredded Carrots, Wheat Roll, Mandarin Oranges, Milk</p>	
		<p><b>All breads and pastas are whole wheat</b></p> <p><b>All milk served is 1% low fat</b></p>	<p>6</p> <p>Baked Denver Omelet Hash Browns Biscuit Tropical Fruit Cup, Milk <b>Alternate Option</b> Soup of the Day, Diced Turkey and Carrots on Spinach, Roll Tropical Fruit Cup, Milk</p>	<p>7</p> <p>Meat Loaf and Gravy Mashed Potatoes Broccoli and Carrot Medley Roll, Fresh Apple, Milk <b>Alternate Option</b> Cream of Tomato Soup, Egg Salad Sandwich, House Salad with Tomato, Fresh Apple, Milk <b>Bingo</b></p>	<p>8</p> <p><b>Elvis Presley Birthday Luncheon</b></p> <p>Baked Chicken Rice Pilaf Mixed Vegetables Orange Wedges Milk Peanut Butter &amp; Banana Bread</p>  <p><b>Francis Blume</b></p>
<p>13</p> <p>*Chili with Beans Mixed Vegetables Cornbread Strawberries, Milk <b>*Alternate Option</b> Soup of the Day, Cottage Cheese and Tomato on Spinach Cornbread, Strawberries, Milk</p>	<p>14</p> <p>Chicken Alfredo Pasta Seasoned Broccoli Mandarin Oranges, Milk <b>Alternate Option</b> Beef Vegetable Soup, Tuna Sandwich, House Salad Mandarin Oranges, Milk <b>Bingo</b></p>	<p>15</p> <p>Cranberry Glazed Pork Roast Rice Pilaf California Blend Vegetables Tropical Fruit, Milk <b>Alternate Option</b> Minestrone Soup, Chicken Salad on Spinach, Carrot Salad Wheat Crackers, Tropical Fruit, Milk <b>Dining Room Opens 11:30am</b></p>	<p>16</p> <p>Grilled Chicken Sandwich Potato Salad Orange Wedges, Milk <b>Alternate Option</b> Three Bean Soup, Salad with Egg and Shredded Carrots Wheat Roll Orange Wedges, Milk</p>	<p>17</p> <p>Roast Turkey with Gravy Bread Dressing Brussels Sprouts Parsley Carrots, Peaches, Milk <b>Alternate Option</b> Split Pea Soup Roasted Veggie &amp; Black Bean Wrap, Peaches, Milk</p>	
<p>20</p> <p>CENTER CLOSED MARTIN LUTHER KING JR. BIRTHDAY</p>	<p>21</p> <p>*Lasagna with Meat Sauce Seasoned Spinach Garlic Roll, Ambrosia, Milk <b>Alternate Option</b> Cream of Mushroom Soup Chicken Caesar Salad with Shredded Carrots, Crackers Ambrosia, Milk <b>Bingo</b></p>	<p>22</p> <p>Baked Cod and Tartar Sauce Herbed Pasta Mixed Vegetables Tropical Fruit Cup, Milk <b>Alternate Option</b> Vegetable Soup, Egg Salad on Spinach w/Shredded Carrots Roll, Tropical Fruit Cup, Milk <b>Lucille Gueverra on Piano</b></p>	<p>23</p> <p><b>Frost Fest Luncheon</b></p> <p>Mushroom Chicken Mixed Rice Pilaf Green Beans Almondine Mandarin Orange Ambrosia Milk <b>Randy Renner</b></p>	<p>24</p> <p>Rosemary Pork Roast Gravy, Red Potatoes Broccoli, Roll Fresh Apple, Milk <b>Alternate Option</b> Corn Chowder, Grilled Chicken Wrap with Lettuce, Tomato, &amp; Carrots, Fresh Apple, Milk <b>Mark Borgas on Guitar</b></p>	
<p>27</p> <p>Swedish Meatballs Egg Noodles California Blend Vegetables Roll, Pineapple Tidbits, Milk <b>Alternate Option</b> Soup of the Day House Salad w/Diced Turkey Roll, Pineapple Tidbits, Milk</p>	<p>28</p> <p>Oven Fried Chicken Macaroni and Cheese Mixed Vegetables Mandarin Oranges, Milk <b>Alternate Option</b> Lentil Soup, Tuna Sandwich Marinated Carrots Mandarin Oranges, Milk <b>Bingo</b></p>	<p>29</p> <p>Cheeseburger Roasted Sweet Potatoes Cole Slaw Spiced Peaches, Milk <b>Alternate Option</b> Navy Bean Soup, Chicken Salad on Romaine w/Carrots and Tomatoes, Spiced Peaches, Milk <b>Lucille Gueverra on Piano</b></p>	<p>30</p> <p>Open-Faced Turkey Sandich Gravy Seasoned Spinach Orange Wedges, Milk <b>Alternate Option</b> Chicken Soup, Egg Salad Sandwich, House Salad Orange Wedges, Milk</p>	<p>31</p> <p>Roast Beef with Gravy Baked Potato, Green Beans Roll, Banana, Milk <b>Alternate Option</b> Minestrone Soup Spinach Salad with Turkey, Carrots, and Tomatoes Roll, Banana, Milk</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.