



Friday	Thursday	Wednesday
<p>1 SHEPARD'S PIE (TURKEY MEAT, PEAS, CARROTS) MIXED GREEN SALAD (Lettuce, Tomato, Onion, Carrots) WHEAT ROLL</p>		
<p>8 BBQ CHICKEN BROWN RICE (PEAS, CARROTS, GREEN BEANS) WHEAT ROLL PEACHES W/ COTTAGE CHEESE</p>	<p>7 SMOKED SAUSAGE W/ ONIONS, GREEN PEPPERS GREEN SALAD (Lettuce, Tomato, Onion, Carrots) WHOLE WHEAT ROLL</p>	<p>6 MEAT LOAF W/ GRAVY MASHED POTATO &amp; CARROTS CABBAGE WHEAT ROLL</p>
<p>15 CORNED BEEF &amp; CABBAGE POTATOES, CARROTS ROMAINE SUPERSALAD RYE BREAD</p>	<p>14 TUNA CASSEROLE W/CHEESE CRISP (PEAS, CARROTS, MUSHROOM, CELERY) SPINACH SALAD (RED ONION, SPINACH, RED PEPPER, TOMATO) WHOLE WHEAT ROLL</p>	<p>13 CHICKEN NOODLE SOUP CARROTS, CELERY, ZUCCHINI BEET SALAD (BEETS, SPINACH, ONIONS) WHOLE WHEAT ROLL -Vegetarian option available</p>
<p>22 CHICKEN TORTILLA SOUP (BLACK BEANS, CORN, CELERY) MIX GREEN SALAD (Lettuce, Tomato, Onion, Carrots) WHOLE WHEAT ROLL TAPIOCA PUDDING</p>	<p>21 CHILE RELLENO BEANS SPINACH SALAD (SPINACH, ONIONS, SHREDDED CARROTS)TORTILLA CHIPS &amp; SALSA -Vegetarian option available</p>	<p>20 PORK ROAST* STUFFING /GRAVY MALIBU VEGGIES- (BROCCOLI, CUT CARROTS, CAULIFLOWER, YELLOW CARROTS) APPLE SAUCE WHOLE WHEAT ROLL</p>
<p>29 SPAGHETTI w/meatballs* ITALIAN VEGETABLES (RED POTATOES, BABY CARROTS, ZUCCHINI, ONION) SALAD MIX ( KALE, BRUSSEL SPROUT, NAPPA CABBAGE) WHOLE WHEAT GARLIC</p>	<p>28 BAKED HAM GARDEN SALAD (Lettuce, onion, carrots, tomato) MASH POTATO TOAST -WHOLE WHEAT ROLL</p>	<p>27 TURKEY MEATBALL SOUP ( CARROTS, CELERY, ZUCCHINI, POTATO, ONION, TOMATO) GARDEN SALAD (Lettuce, Tomato, Onion, Carrots) WHOLE WHEAT ROLL</p>

This program is made possible by the OLDER AMERICAN ACT funds awarded by the County of San Diego, through Aging and Independent Service and Mountain Health