



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Menu subject to change</b></p>	<p>\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger.</p> <p>No eligible person shall be denied a meal for choosing not to contribute.</p>	<p>Denotes meal  ≥ 1000 mg Sodium</p> <p>1% Milk served daily</p>	<p><b>1</b></p> <p><b>Pork Loin w/ Orange Glaze</b> Sweet Potatoes Whole Grain Pasta Mandarin</p>	<p><b>2</b></p> <p><b>Minestrone Soup w/ Chicken</b> Whole Grain Breadstick Mix Green Salad w/ Carrots &amp; Cabbage Orange</p>
	<p><b>5</b></p> <p><b>Chicken Marsala</b>  Mixed Rice Collard Greens w/Bacon Pineapple</p>	<p><b>6</b></p> <p><b>Beef Stroganoff</b>  Parsley Potatoes Zucchini w/ Garlic Whole Wheat Bread Apple <b>Bingo!</b></p>	<p><b>7</b></p> <p><b>Chicken Creole Mixed</b> Rice California Blend Mandarin <b>OR Soup &amp; Salad*</b></p>	<p><b>8</b></p> <p><b>Curry Tilapia</b>  Stir Fry Vegetables Mixed Rice Oranges</p>
<p><b>12</b></p> <p><b>BBQ Pork Sandwich</b> Whole Grain Roll Herb Potatoes Mixed Vegetable Pineapple</p>	<p><b>13</b></p> <p><b>Chicken &amp; Sausage Gumbo</b> Okra w/ Tomatoes Mixed Rice Banana <b>Bingo!</b></p>	<p><b>14</b></p> <p><b>Meat Lasagna w/Spinach</b> Spring Mix Salad Whole Grain Garlic Breadstick Mandarin <b>OR Soup &amp; Salad*</b></p>	<p><b>15</b></p> <p><b>Shepherd's Pie w/ Steak &amp; Mushroom</b> Mashed Potato Peas &amp; Carrots Topping Whole Grain Pasta Apple</p>	<p><b>16</b></p> <p><b>Southwest Chicken Salad</b> Grilled Peppers Black Beans, Corn Mixed Rice Orange <b>Guess Who's Coming to Lunch Reveal</b></p>
<p><b>19</b></p> <p><b>Salisbury Steak w/ Onion Gravy</b> Mashed Potatoes Peas &amp; Carrots Whole Wheat Bread Banana</p>	<p><b>20</b></p> <p><b>Sweet &amp; Sour Pork</b> Mixed Rice Stir Fry Vegetables Pineapple <b>Bingo!</b></p>	<p><b>21</b></p> <p><b>Grilled Chicken Sandwich w/Cole Slaw</b> Whole Wheat Roll Kidney Bean Salad Apple <b>50<sup>th</sup> Anniversary Party</b></p>	<p><b>22</b></p> <p><b>Meatloaf</b> Gravy Mashed Sweet Potatoes Whole Wheat Bread Banana</p>	<p><b>23</b></p> <p><b>Chicken Florentine w/ Spinach</b> Whole Grain Pasta Italian Vegetables Orange</p>
<p><b>26</b></p> <p><b>Pasta Bolognese (Pork)</b> Whole Grain Pasta Broccoli, Cauliflower &amp; Carrots Green Salad w/Red Pepper Banana <b>Culinary Adventures Around the World – Experience ITALY!</b></p>	<p><b>27</b></p> <p><b>Pork Chili Verde</b> Chili Mexican Rice Coleslaw Mandarin <b>Bingo!</b></p>	<p><b>28</b></p> <p><b>Cheese Ravioli (Vegetarian) w/ Marinara</b> Lentils, Carrot Salad Whole Wheat Bread Orange <b>OR Soup &amp; Salad*</b> <b>Birthday &amp; Anniversary Celebration</b></p>	<p><b>29</b></p> <p><b>Salisbury Steak Mushroom Gravy</b> Whole Grain Pasta Peas &amp; Carrots Apple</p>	<p><b>30</b></p> <p><b>Beef French Dip Au Jus</b> Sweet Potatoes Chickpea w/ Parsley &amp; Tomato Salad, Whole Wheat Roll Pineapple </p>

This program is supported by Older American Act Funds awarded by the County of San Diego Aging and Independence Services & the City of Vista.

**Lunch served Monday-Friday at 12:00pm**

**Reservations required 1 business day in advance by 1pm, and at least one week in advance for special events.**

**Call 760-643-5288 to make or cancel lunch reservation.**

**\*For Wednesdays, indicate Main Meal or Soup & Salad when you RSVP.**