

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Denotes meal  ≥ 1000 mg Sodium 1% Milk served daily Menu subject to change</p>	<p>1 Ground Beef Casserole Whole Grain Pasta Broccoli & Carrots Whole Wheat Bread Pineapple Bingo!</p>	<p>2 Thai Fish Curry Mixed Rice Blend Normandy Blend Vegetables Asian Cabbage Salad w/ Carrots Banana OR Soup & Salad*</p>	<p>3 Beef Burgundy Parsley Potatoes Carrots Whole Wheat Bread Orange</p>	<p>4 Vegetarian Vegetarian Chili Mixed Beans w/ Corn, Zucchini & Peppers Mixed Rice Garbanzo & Tomato Apple</p>
<p>7 Coq au Vin Chicken in Wine Sauce Mixed Rice Sauteed Cabbage Pineapple</p>	<p>8 Hamburger Sauteed Onions White Wheat Burger Roll Potato Salad Spring Mix Vinaigrette Apple Bingo!</p>	<p>9 Pork Posole w/ Hominy Shredded Cabbage, Cilantro, Radishes Zucchini, Corn, & Red Bell Peppers Mixed Rice Orange OR Soup & Salad*</p>	<p>10 Chicken Florentine Parsley Red Potatoes Manhattan Blend Whole Wheat Bread Banana</p>	<p>11 Beef Stroganoff Whole Grain Pasta Italian Lentils Broccoli Mandarin</p>
<p>14 Chicken Enchilada Red Sauce Corn Tortilla Black Beans Mixed Rice Orange</p>	<p>15 Chicken Romesco Red Pepper Tomato Sauce Whole Grain Pasta Spinach Pineapple Bingo!</p>	<p>16 Swedish Meatballs  Creamy Dill Sauce Parsley Potatoes Peas & Carrots Cucumber Salad w/ Dill Whole Wheat Bread Mandarin OR Soup & Salad*</p>	<p>17 Orange Glazed Pork Loin Sweet Potatoes Curried Lentil Whole Wheat Bread Fruit Cocktail</p>	<p>18 Chili Con Carne Mixed Rice Fiesta Corn Orange</p>
<p>21 Hawaiian Chicken Pineapple, Red Peppers, Ginger, Scallions Coconut Mixed Rice Stir Fried Vegetables Pineapple</p>	<p>22 Chicken Parmesan Whole Grain Pasta Marinara Sauce Italian Vegetables Orange Bingo!</p>	<p>23 Open-Faced Cubano Sandwich Thinly sliced Roast Pork w/ Swiss Cheese Whole Wheat Roll Sweet Potatoes Coleslaw, Banana OR Soup & Salad* Birthday & Anniversary Celebration</p>	<p>24 Salisbury Steak Beef & Pork Mashed Potatoes Gravy Peas & Carrots Whole Wheat Bread Orange</p>	<p>25 Southwest Chicken Salad Spring Mix Black Beans Corn, Red Peppers, Cucumbers, Tomatoes Cilantro Ranch Dressing Whole Wheat Bread Pineapple Guess Who's Coming to Lunch Reveal</p>
<p>28 Basque Chicken Peppers, Tomatoes, Onions, Olives, Parsley Basque Potatoes Spanish Garbanzos Roasted Red Pepper Sauce Whole Wheat Bread Applesauce</p>	<p>29 Meatloaf Beef & Pork Mashed Potatoes Gravy Mixed Vegetables Whole Wheat Bread Pineapple Bingo!</p>	<p>30 Shepherd's Pie w/ Mushrooms & Mashed Potato Peas & Carrots Whole Wheat Bread Banana OR Soup & Salad*</p>	<p>31 "Goulash" w/ Beef & Pork Carrots & Tomatoes Whole Grain Pasta Cabbage Sauté Apple</p>	<p>\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger. No eligible person shall be denied a meal for choosing not to contribute.</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.**