



NOVEMBER 2021 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Pork Carnitas Black Beans Whole Wheat Tortilla Hot Tropical Fruit</p> 	<p>2</p> <p>Baked Chicken w/ Tomato Basil Sauce Spinach Penne Pasta Mixed Fruit</p> 	<p>3</p> <p>Fall Harvest Turkey Salad Multi-Grain Bread Applesauce Ranch Salad Dressing</p> 	<p>4</p> <p>Chicken Cacciatore Mixed Vegetables Whole Grain Spaghetti Fresh Orange</p> 	<p>5</p> <p>Beef Patty w/ Mushroom Gravy Whipped Potatoes Green Beans Whole Grain Roll Pineapple Tidbits Chef's Dessert</p> 
<p>8</p> <p>Baked Chicken w/ Tzatziki Sauce Dilled Carrots Brown Rice Mixed Fruit</p>	<p>9</p> <p>Beef Patty w/ Brown Gravy Whipped Potatoes Green Peas Whole Wheat Bread Cinnamon Applesauce</p>	<p>10</p> <p>Chef Salad Whole Grain Roll Fresh Banana Ranch Salad Dressing</p> 	<p>11 Veterans Day</p> <p>Baked Chicken Black Beans Seasoned Spinach Whole Wheat Bread Fresh Orange</p> 	<p>12</p> <p>Beef Santa Fe Stew Shredded Cheese Cut Yams Whole Wheat Bread Hot Tropical Fruit Oatmeal Crème Cookie</p>
<p>15</p> <p>Salisbury Steak w/ Gravy Peas & Carrots Whole Wheat Bread Hot Tropical Fruit</p> 	<p>16</p> <p>Chicken Souvlaki Capri Vegetables Brown Rice Fresh Orange</p> 	<p>17</p> <p>Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Broccoli Raisin Salad Whole Wheat Bread Fresh Tangerines</p>	<p>18</p> <p>Barbecue Pork Rib Patty Spinach German Coleslaw W.W. Hamburger Bun Hot Spiced Apples</p> 	<p>19</p> <p>Garlic Fish w/ Dill Sauce California Vegetables Penne Pasta Fresh Banana Chocolate Pudding</p>
<p>22</p> <p>Maple Glazed Chicken Brussels Sprouts Cornbread Hot Pineapple Tidbits</p> 	<p>23</p> <p>Swiss Steak Whipped Potatoes Glazed Carrots Whole Wheat Bread Fresh Tangerines</p> 	<p>24</p> <p>Turkey Breast w/ Gravy Cranberry Sauce Green Beans Almandine Cornbread Dressing Fresh Orange Butterscotch Swirl Pudding</p>	<p>25 Thanksgiving</p> <p>Closed for Holiday</p> 	<p>26</p> <p>Closed for Holiday</p> 
<p>29</p> <p>Turkey Ham w/ Raisin Sauce Broccoli & Cauliflower Confetti Brown Rice Pineapple Tidbits</p> 	<p>30</p> <p>Cheese Omelet Black Beans Fiesta Vegetables Whole Wheat Tortilla Fresh Apple Taco Sauce</p> 	 <p>Happy Thanksgiving</p> 		

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."
Suggested Contribution is \$1.00 per meal - No eligible person shall be denied a meal because of failure or inability to contribute.



PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS
Peanuts • Tree nuts • Seafood • Shellfish • Soy • Eggs • Milk • Wheat



Menu Subject To Change

"All meals contain 8 oz milk"