



# APRIL 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Happy Easter</b></p>		<b>1 April Fools Day</b> Beef Taco Salad Diced Pineapple Whole Wheat Tortilla Taco Sauce 	<b>2</b> Dijon Pork Patty Roasted Potato Medley Broccoli Florets Whole Wheat Bread Fresh Banana 	<b>3</b> Spinach Bake Green Beans Whole Wheat Bread Hot Cinnamon Applesauce Chef's Dessert 	<b>4</b> Beef Stew Brown Rice Broccoli Blushing Pears 	<b>5</b> Sliced Turkey Breast Cranberry Orange Sauce Lima Beans Cornbread Hot Spiced Apples 
<b>6</b> Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach Whole Wheat Roll Fresh Orange 	<b>7 World Health Day</b> Baked Chicken Jezebel Apple Salsa Cilantro Lime Brown Rice Garden Vegetables Whole Wheat Bread Applesauce w/ Pears 	<b>8</b> Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Herb Potato Salad Whole Wheat Bread Fresh Apple 	<b>9</b> Beef Tamale Pie Mixed Green Salad Broccoli Hot Sliced Peaches Whole Wheat Roll Italian Dressing 	<b>10</b> Turkey Pot Roast Brown Rice Glazed Carrots Tropical Fruit Chef's Dessert 	<b>11</b> Garlic Rosemary Chicken Yams Cauliflower Whole Wheat Bread Fresh Banana 	<b>12 Easter</b> Pineapple Glazed Ham Scalloped Potatoes Sliced Carrots Whole Wheat Roll Fresh Orange Chocolate Chip Cookie 
<b>13</b> Oven Fried Chicken Dirty Brown Rice Capri Vegetables Fresh Apple 	<b>14</b> Hamburger Patty Lettuce & Tomato Crispy Cubed Potatoes W.W. Hamburger Bun Hot Pineapple Tidbits 	<b>15 Tax Day</b> Turkey Club Salad Saltine Crackers Fresh Orange Ranch Dressing 	<b>16</b> Grilled Pork Patty Tomato Basil Sauce Roasted Potato Medley Green Beans Whole Wheat Bread Applesauce 	<b>17</b> Ham Broccoli-Brown Rice Bake Green Peas Glazed Carrots Fresh Banana Chef's Dessert 	<b>18</b> Sliced Turkey Breast Brown Gravy Egg Noodles Sweet/Sour Beets Whole Wheat Bread Tropical Fruit 	<b>19</b> Teriyaki Meatballs Brown Rice Broccoli Sliced Pears 
<b>20</b> Honey Mustard Chicken Brown Rice Club Spinach Fresh Orange 	<b>21</b> Picadillo Beef Mexican Brown Rice Fiesta Vegetables Fresh Banana 	<b>22 Earth Day</b> Chef Salad Saltine Crackers Fresh Apple Ranch Dressing 	<b>23</b> Sausage w/ Onions & Peppers Pinto Beans Whole Kernel Corn W.W. Hot Dog Bun Mixed Fruit 	<b>24 Arbor Day</b> Meatloaf w/ Onion Gravy Whipped Potatoes French Green Beans Whole Wheat Roll Fresh Orange Chef's Dessert 	<b>25</b> Whole Grain-Tuna Casserole Lima Beans Glazed Carrots Fluffy Fruit Salad 	<b>26</b> Italian Beef w/ Whole Grain Pasta Herbed Peas Whole Wheat Roll Hot Glazed Peaches 
<b>27</b> BBQ Pork Rib Patty Whipped Potatoes California Vegetables W.W. Hamburger Bun Applesauce 	<b>28</b> Baked Chicken Mornay Sauce Whole Kernel Corn Lima Beans Whole Wheat Roll Pineapple Tidbits 	<b>29</b> Turkey Ham Cheese, Lettuce, Tomato Green Pea Salad Whole Wheat Bread Fresh Orange 	<b>30</b> Potato Crusted Fish Twice Whipped Potatoes Broccoli & Carrots Whole Wheat Bread Fresh Banana 			

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Donations for Seniors: \$ 400 per meal

MENU SUBJECT TO CHANGE

No eligible person shall be denied a meal because of failure or inability to contribute.

