

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>**Ham with Pineapple Sauce Mashed Yams Seasoned Peas Roll, Fresh Orange Alternate Option Navy Bean Soup Roasted Veggie & Cheese Wrap, Fresh Orange</p>	<p>2</p> <p>Cranberry Glazed Chicken Harvest Rice Brussels Sprouts Roll, Apple Alternate Option Lentil Soup Pasta Salad with Diced Ham on Romaine, Roll, Apple <i>Bingo for Prizes</i></p>	<p>3</p> <p>Turkey Tetrazzini Mixed Vegetables House Salad Fresh Strawberries Alternate Option Tomato Soup **Roast Beef & Cheese Sandwich Salad, Fresh Strawberries <i>Ignacio del Rio on Piano</i></p>	<p>4</p> <p>**Lasagna with Meat Sauce Italian Blend Vegetables Spinach Salad Garlic Roll, Pineapple Chunks Alternate Option Minestrone Soup **Cottage Cheese & Strawberries on Romaine, Pineapple Chunks <i>Dominique Oei on Piano</i></p>	<p>Cinco de Mayo 5</p> <p>**Chicken Enchilada Casserole Spanish Rice Refried Beans Corn, Watermelon Alternate Option Broccoli Soup Tuna and Lettuce Wrap Watermelon</p>
<p>8</p> <p>*Meatball Sub Marinara Sauce Caesar Salad Banana Alternate Option Vegetable Soup Chicken Salad on Romaine Banana</p>	<p>9</p> <p>*Pulled Pork Cole Slaw, Chuck Wagon Corn Roll, Mandarin Oranges in Jell-O Alternate Option Black Bean Soup **Turkey and Cheese Sandwich Cole Slaw Mandarin Oranges in Jell-O <i>Bingo for Prizes</i></p>	<p>10</p> <p>Baked Chicken Baked Red Potatoes Steamed Broccoli Roll, Apple Alternate Option Minestrone Soup **Cottage Cheese & Strawberries on Romaine, Apple <i>Ignacio del Rio on Piano</i></p>	<p>11</p> <p>Beef Stroganoff Egg Noodles Parslied Cauliflower House Salad, Diced Fruit Alternate Option Chicken Soup Southwestern Veggie Wrap Diced Fruit</p>	<p>Mother's Day Buffet 12</p> <p>Salmon in Creamy Dill Sauce Chicken Marsala Herbed Rice Seasoned Asparagus Tossed Salad Strawberry Parfait <i>Jason Lohrke as "Next to Real Neil"</i></p>
<p>15</p> <p>**Salisbury Steak Mushroom Gravy, Baked Potato Spinach Salad Roll, Orange Alternate Option Carrot Soup Chicken Salad on Romaine Roll, Orange</p>	<p>16</p> <p>Orange Chicken Steamed Rice Oriental Blend Vegetables Fresh Strawberries Alternate Option Broccoli Soup Tuna Salad on Romaine, Roll Fresh Strawberries <i>Bingo for Prizes</i></p>	<p>Nat'l Cherry Cobbler Day 17</p> <p>Chili with Beans Mixed Vegetables, House Salad Cornbread, Cherry Cobbler Alternate Option Chicken Tortilla Soup **Cottage Cheese & Fruit on Romaine, Cornbread Cherry Cobbler <i>Strolling Minstrel Mark Borgas</i></p>	<p>18</p> <p>**Ham and Cheese Quiche French Style Peas Garden Salad Roll, Cantaloupe Alternate Option Vegetable Soup **Turkey and Cheese Sandwich House Salad, Cantaloupe</p>	<p>19</p> <p>Roast Turkey and Gravy Candied Yams, Brussels Sprouts Cornbread Dressing Applesauce Alternate Option Chicken and Rice Soup Egg Salad on Romaine Roll, Applesauce</p>
<p>22</p> <p>Shepherds Pie Capri Vegetables Tossed Salad Roll, Fruit and Yogurt Alternate Option Broccoli Soup Tuna Salad on Romaine Fruit and Yogurt</p>	<p>23</p> <p>*Breaded Fish w/ Tartar Sauce Macaroni and Cheese Green Beans Mandarin Orange Dessert Alternate Option Beef Vegetable Soup **Turkey & Cheese Sandwich House Salad, Mandarin Orange Dessert <i>Bingo for Prizes</i></p>	<p>24</p> <p>Chicken Pot Pie Spinach Salad Corn, Diced Fruit Alternate Option *Tomato Soup Egg Salad Sandwich on Whole Wheat, Tossed Salad Diced Fruit <i>Ignacio del Rio on Piano</i></p>	<p>Memorial Day Luncheon 25</p> <p>Barbecued Roast Beef Baked Beans Cole Slaw Roll, Apple Cobbler Alternate Option Split Pea Soup *Italian Pasta Salad with Ham on Romaine, Apple Cobbler <i>Toe Tappers Show</i></p>	<p>26</p> <p>Lemon Chicken Mashed Potatoes, Steamed Broccoli, House Salad, Roll, Fruit Parfait, Birthday Cake Alternate Option Mushroom Soup, **Ham and Cheese Sandwich, House Salad, Fruit Parfait, Birthday Cake</p>
<p>29</p> <p>MEMORIAL DAY CENTER CLOSED</p>	<p>30</p> <p>**Savory Baked Chicken Herbed Pasta Club Spinach Pineapple Ambrosia Alternate Option Tomato Soup **Roast Beef & Cheese Sandwich House Salad, Pineapple Ambrosia <i>Bingo for Prizes</i></p>	<p>31</p> <p>Senior Expo</p> <p>Fresh Spinach Salad with Grilled Chicken and Mandarin Oranges Vegetable Soup Roll Diced Fruit <i>The Sophistocats</i></p>	<p>Lunch served at noon.</p> <p>Senior 60+: \$4 donation.</p> <p>Under 60 years of age: \$8 fee.</p>	<p>Reservations are required. Please call 760.643.5288 by 1pm the previous day.</p> <p>No eligible person shall be denied a meal because of failure or inability to contribute.</p>

(*) High Sodium Menu 300-500mg (**) More than 500mg Sodium

This program is supported by the older Americans Act funds, awarded through the San Diego County Aging and Independence Services and the City of Vista.