

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>NEW YEAR'S DAY CENTER CLOSED</p>	<p>2</p> <p>Beef Tips Egg Noodles Mixed Vegetables House Salad, Roll, Apple Alternate Option Chicken Soup Cottage Cheese and Fruit on Romaine, Roll, Apple <i>Bingo for Prizes</i></p>	<p>3</p> <p>Lemon Chicken Garlic Herbed Pasta Peas House Salad, Fruited Jell-O Alternate Option Lentil Soup Tuna Salad on Romaine Carrot Sticks, Roll, Fruited Jell-O <i>Ignacio del Rio on Piano</i></p>	<p>4</p> <p>Happy New Year Luncheon Baked Salmon Creamy Dill Sauce Rice Pilaf, Brussels Sprouts Spiced Peaches, Sparkling Cider Alternate Option Split Pea Soup, Egg Salad on Romaine, Carrot Sticks, Roll Spiced Peaches, Sparkling Cider <i>Script In-Hand Players</i></p>	<p>5</p> <p>Ham with Pineapple Sauce Sweet Potatoes House Salad Roll, Fresh Pear Alternate Option Vegetable Soup Chicken Salad on Romaine Roll, Fresh Pear <i>Mark Borgas on Guitar</i></p>
<p>8</p> <p>Lasagna Seasoned Cauliflower Spinach Salad, Roll Pineapple Chunks Alternate Option Minestrone Soup Tuna Salad on Romaine Roll, Pineapple Chunks <i>Karaoke Monday</i></p>	<p>9</p> <p>Roast Turkey and Gravy Mashed Yams Mixed Vegetables Roll, Tropical Fruit Salad Alternate Option Chicken Noodle Soup Cottage Cheese & Fruit on Romaine, Roll, Tropical Fruit Salad <i>Bingo for Prizes</i></p>	<p>10</p> <p>Beef Enchilada Casserole Refried Beans House Salad Ambrosia Alternate Option Lentil Soup Chicken Salad on Romaine Carrot Sticks, Roll, Ambrosia <i>Ignacio del Rio on Piano</i></p>	<p>11</p> <p>Sweet and Sour Pork Brown Rice Seasoned Zucchini Banana Alternate Option Vegetable Soup Egg Salad on Romaine Carrot Sticks, Roll, Banana <i>Regina Keith Performance</i></p>	<p>12</p> <p>Beef Meatloaf Gravy, Mashed Potatoes Mixed Vegetables Roll, Orange Alternate Option Barley Soup House Salad with Turkey Strips, Roll, Orange <i>Mark Borgas on Guitar</i></p>
<p>15</p> <p>MARTIN LUTHER KING JR. BIRTHDAY CENTER CLOSED</p>	<p>16</p> <p>Barbecued Chicken Baked Potato Broccoli, Roll Baked Apple Alternate Option Vegetable Soup Tuna Salad on Romaine Carrot Sticks, Roll, Baked Apple <i>Bingo for Prizes</i></p>	<p>17</p> <p>Spaghetti with Meat Sauce House Salad Garlic Bread Fruit and Yogurt Alternate Option Chicken Soup, Egg Salad on Romaine, Carrot Sticks Roll, Fruit and Yogurt <i>Ignacio del Rio on Piano</i></p>	<p>18</p> <p>Cranberry Glazed Pork Red Potatoes Mixed Vegetables Roll, Navel Orange Alternate Option Tomato Soup Chicken Salad on Romaine Carrot Sticks, Roll, Navel Orange</p>	<p>19</p> <p>Chicken Pot Pie Parslied Cauliflower House Salad Roll, Tropical Fruit Alternate Option Lentil Soup Cottage Cheese and Fruit Roll, Tropical Fruit <i>Mark Borgas on Guitar</i></p>
<p>22</p> <p>Lemon Baked Fish Brown Rice Stewed Tomatoes House Salad, Apple Alternate Option Vegetable Soup Chicken Salad on Romaine Carrot Sticks, Roll, Apple</p>	<p>23</p> <p>Chicken Alfredo Penne Pasta Seasoned Carrots House Salad, Roll, Orange Alternate Option Minestrone Soup Tuna Salad on Romaine Carrot Sticks, Roll, Orange <i>Bingo for Prizes</i></p>	<p>24</p> <p>Beef and Macaroni Casserole House Salad Spiced Peaches Alternate Option Split Pea Soup House Salad with Chicken Roll, Spiced Peaches <i>Ignacio del Rio on Piano</i></p>	<p>25</p> <p>Winter Wonderland Roast Beef with Gravy Mashed Potatoes Broccoli, Roll Fruited Jell-O, Ice Cream Alternate Option Chicken Tortilla Soup, Cottage Cheese & Fruit on Romaine Roll, Fruited Jell-O, Ice Cream <i>Randy Renner Sings</i></p>	<p>26</p> <p>Chinese Ginger Chicken Stir Fried Noodles Mixed Vegetables Banana with Pudding Alternate Option Lentil Soup Egg Salad on Romaine, Carrot Sticks, Roll, Banana with Pudding <i>Dominique Oei on Piano</i></p>
<p>29</p> <p>Salisbury Steak with Gravy Baked Potato Spinach Salad Roll, Orange Alternate Option Barley Soup Cottage Cheese with Fruit Roll, Orange</p>	<p>30</p> <p>Pulled Pork Taco Cole Slaw Corn Fresh Pear Alternate Option Minestrone Soup Chicken Salad Cole Slaw, Fresh Pear <i>Bingo for Prizes</i></p>	<p>31</p> <p>Bearnaise Chicken Rice Brussels Sprouts Roll, Diced Fruit Alternate Option Tomato Soup Tuna Salad on Romaine Roll, Diced Fruit <i>Ignacio del Rio on Piano</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 - More than 1000mg

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.