

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Chili with Pinto Beans Chuck Wagon Corn, Roll Alternate Option Chicken Soup Pasta Salad with Feta on Romaine, Roll Dessert: Banana <i>Big Band You Tube Presentation</i>	2 Baked Chicken Roasted Potatoes Zucchini, Roll Alternate Option Vegetable Soup Egg Salad on Romaine, Roll Dessert: Orange <i>Cha-Cha-Cha Demonstration</i>	3 Tuna & Macaroni Casserole Steamed Peas and Carrots Alternate Option Mushroom Soup Ham and Cheese on Whole Wheat Dessert: Diced Fruit	4 Pork Tacos topped with Cole Slaw Spanish Brown Rice Alternate Option Tomato and Rice Soup Tuna Salad on Romaine Dessert: Apple
7 Oven Fried Chicken Sweet Potatoes Mixed Vegetables Alternate Option Lentil Soup Egg Salad on Romaine Roll Dessert: Banana	8 Roasted Salmon Brown Rice Peas Alternate Option Cream of Mushroom Soup Chicken Salad on Romaine Roll Dessert: Navel Orange <i>Bingo for Prizes</i>	9 Meatloaf Baked Potato California Blend Vegetables Roll Alternate Option Cream of Broccoli Soup Turkey Sandwich on Whole Wheat Dessert: Apple <i>Ignacio del Rio on Piano</i>	10 Veterans Day Luncheon Baked Ziti with Meat Sauce Roast Zucchini Alternate Option Chicken Noodle Soup Roast Veggies and Cheese on Whole Wheat Dessert: Tropical Fruit <i>Barbershop Harmonies Society</i>	11 VETERANS DAY CENTER CLOSED
14 Beef Soft Taco Refried Beans Roasted Squash Alternate Option Split Pea Soup Ham and Cheese Sandwich on Whole Wheat Dessert: Orange	15 Shredded Pork Roasted Potatoes Steamed Corn Roll Alternate Option Barley Soup Chicken Salad on Romaine Dessert: Apple <i>Bingo for Prizes</i>	16 Teriyaki Chicken Brown Rice Roasted Broccoli Alternate Option Roasted Vegetable Soup Tuna Salad on Romaine Roll Dessert: Pineapple Chunks <i>Ignacio del Rio on Piano</i>	17 Ham Steak Sweet Potatoes Green Beans Roll Alternate Option Lentil Soup Egg Salad on Romaine Dessert: Navel Orange	18 Pesto Baked Chicken Pasta Tossed Salad Alternate Option Minestrone Soup Turkey Sandwich on Whole Wheat Dessert: Diced Fruit Birthday Cake
21 Baked Tilapia Brown Rice Roasted Vegetable Blend Alternate Option Beef Barley Soup Strawberry Salad with Cottage Cheese on Romaine Dessert: Banana	22 Chicken Cacciatore Pasta Tossed Salad Alternate Option Mushroom Soup Turkey Sandwich on Whole Wheat Dessert: Orange <i>Bingo for Prizes</i>	23 Thanksgiving Buffet Roast Turkey Mashed Potatoes and Gravy Dressing, Green Beans Cranberry Sauce Alternate Option Chicken and Rice Soup, Roll Egg Salad on Mixed Greens Dessert: Pumpkin Pie <i>Blues Pharaohs</i>	24 THANKSGIVING CENTER CLOSED	25 THANKSGIVING HOLIDAY CENTER CLOSED
28 Sweet and Sour Pork Brown Rice Roast Zucchini Alternate Option Tomato Soup Roast Beef Sandwich on Whole Wheat Dessert: Diced Fruit	29 Spinach Quiche Steamed Corn Roll Alternate Option Beef and Veggie Soup Grilled Vegetable Wrap on Whole Wheat Tortilla Dessert: Navel Orange	30 Beef Tips Brown Rice Steamed Broccoli Alternate Option Carrot Soup Chicken Salad on Romaine <i>Ignacio del Rio on Piano</i>	Lunch served at noon. Senior 60+: \$4 donation. Under 60 years of age: \$6 fee.	Reservations are required. Please call 760.643.5288 by 1pm the previous day. No eligible person shall be denied a meal because of failure or inability to contribute.

(*) 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.