



City of Pacifica Senior Lunch Program



Senior dining is for those 60 years and over. Lunch is served at 12:00pm. \$3.00 is the suggested donation. The amount you contribute will remain confidential and will not affect your meal service. * >1000 mg. sodium

JULY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Area Agency on Aging PROHIBITS DISCRIMINATION IN ALL OF ITS PROGRAMS & ACTIVITIES ON THE BASIS OF: Race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital or family status. Pacifica Senior Nutrition and Transportation programs are sponsored in part by the Area Agency on Aging. Food substitutions may be necessary. Second servings of vegetables may be available upon request. All pasta used is whole wheat. All bread is whole wheat or whole grain. Tuna sandwich is available as alternative.</p>				<p>1 SLOPPY JOE* Ranchero Potatoes Peas & Carrots Watermelon & Cantaloupe Whole Wheat Bun</p>
<p>4 CLOSED for INDEPENDENCE DAY</p>	<p>5 GRILLED PORK CHOP Apple Sauce Baked Beans Broccoli Honeydew Whole Wheat Bread</p>	<p>6 SHRIMP & CRAB BAKED ZITI* Peas & Pimentos Apricots Garlic Bread</p>	<p>7 CHICKEN SANDWICH on CROISSANT Brown Rice & Barley Salad Cantaloupe Tapioca Pudding</p>	<p>8 GRILLED TILAPIA w/ DILL SAUCE Brown Rice Pilaf Green Beans Strawberries Whole Wheat Bread</p>
<p>11 JUMBO BEEF* HOT DOG Chili Beans Cole Slaw Orange Wedges Whole Wheat Bun</p>	<p>12 JAMBALAYA Spinach Mandarin Oranges Spinach Garlic Bread</p>	<p>13 GREEK SALAD Cantaloupe Tapioca Pudding Whole Wheat Roll</p>	<p>14 SPINACH SAUSAGE STRATA Ranchero Potatoes V-8 Juice Orange Wedges Whole Wheat Bread</p>	<p>15 BEAN BURRITO w/ ENCHILADA SAUCE Spanish Rice Cauliflower/Carrots Perfection Salad Whole Wheat Tortilla</p>
<p>18 ORANGE BAKED CHICKEN Brown Rice Pilaf Broccoli Florets Pears Whole Wheat Bread</p>	<p>19 CHEF* SALAD Three Bean Salad Mandarin Orange Tapioca Pudding Whole Wheat Roll</p>	<p>20 BEEF TAMALES Pinto Beans Zucchini & Carrots Cantaloupe Whole Wheat Tortilla</p>	<p>21 APPLE BUTTER PORK LOIN Mash Sweet Potatoes Orange Beets Apple Sauce Whole Wheat Bread</p>	<p>22 BAKED COD w/ LEMON Steam Potatoes Peas & Pimento Pineapple Whole Wheat Bread</p>
<p>25 FRENCH BREAD PEPPERONI PIZZA Italian Mix Veg. Cantaloupe Chocolate Pudding</p>	<p>26 BBQ CHICKEN Baked Beans Coleslaw Salad Strawberries Corn Bread</p>	<p>27 SPAGHETTI PIE Spinach Pineapple Garlic Bread</p>	<p>28 SHRIMP LOUIS SALAD Mandarin Oranges Whole Wheat Bread Pudding w/ Apricot Topping Whole Wheat Roll</p>	<p>29 HOT PASTRAMI* SANDWICH Whole Wheat Bun Wild Rice Salad Broccoli Banana</p>



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AUGUST 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1 LEMON HERB CHICKEN Brown Rice Pilaf Italian Mix Veg. Honeydew Whole Wheat Bread	2 QUICHE LORRIANE* Steamed Red Potatoes Cole Slaw Peaches Whole Wheat Bread	3 TUNA SALAD PLATE Fruit Salad Cherry Jell-O Cubes Whole Wheat Roll	4 CHEESE BURGER* Potato Wedges Carrot & Raisin Salad Watermelon Whole Wheat Bun	5 SWEET AND SOUR PORK Steamed Brown Rice Oriental Mix Veg. Mandarin Oranges Whole Wheat Bread
8 SALISBURY STEAK Garlic Mashed Potatoes Spinach Grapes Whole Wheat Bread	9 TURKEY & SWISS SANDWICH Macaroni Salad Cucumber Salad Mandarin Orange Whole Wheat Bread	10 STUFFED BAKED POTATO Chicken Noodle Soup Broccoli Strawberries Whole Wheat Bread	11 ROAST TURKEY CRANBERRY Sweet Potatoes Green Beans Mandarin Oranges Whole Wheat Bread	12 SLOPPY JOE* Ranchero Potatoes Peas & Carrots Watermelon & Cantaloupe Whole Wheat Bun
15 HONEY GARLIC BAKED CHICKEN Mashed Potatoes Mixed Veg. Peaches Whole Wheat Bread	16 GRILLED PORK CHOP Apple Sauce Baked Beans Broccoli Honeydew Whole Wheat Bread	17 SHRIMP & CRAB BAKED ZITI* Peas & Pimentos Apricots Garlic Bread	18 CHICKEN SAND. on CROISSANT Brown Rice & Barley Salad Cantaloupe Tapioca Pudding	19 GRILLED TILAPIA w/ DILL SAUCE Brown Rice Pilaf Green Beans Strawberries Whole Wheat Bread
22 JUMBO BEEF* HOT DOG Chili Beans Cole Slaw Orange Wedges Whole Wheat Bun	23 JAMBALAYA Spinach Mandarin Oranges	24 GREEK SALAD Cantaloupe Tapioca Pudding Whole Wheat Roll	25 SPINACH SAUSAGE STRATA Whole Wheat Bread Ranchero Potatoes V-8 Juice Orange Wedges	26 BEAN BURRITO w/ ENCHILADA SAUCE Spanish Rice Cauliflower/Carrots Perfection Salad Whole Wheat Tortilla
29 ORANGE BAKED CHICKEN Brown Rice Pilaf Broccoli Florets Pears Whole Wheat Bread	30 CHEF SALAD* Three Bean Salad Mandarin Orange Tapioca Pudding Whole Wheat Roll	31 BEEF TAMALES Pinto Beans Zucchini & Carrots Cantaloupe Whole Wheat Tortilla	Area Agency on Aging PROHIBITS DISCRIMINATION IN ALL OF ITS PROGRAMS & ACTIVITIES ON THE BASIS OF: Race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital or family status. Pacifica Senior Nutrition and Transportation programs are sponsored in part by the Area Agency on Aging. Food substitutions may be necessary. Second servings of vegetables may be available upon request. All pasta used is whole wheat. All bread is whole wheat or whole grain. Tuna sandwich is available as alternative.	