



City of Pacifica Meals on Wheels Lunch Program

Meals are delivered by volunteers between 11-12:30 pm.
 \$3.50 is the suggested donation. No eligible individual shall be denied participation because of failure or inability to contribute.
 * >1000 mg. sodium



JULY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
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. All pasta used is whole wheat. All bread is whole wheat or whole grain.				1 SLOPPY JOE* Ranchero Potatoes Peas & Carrots Watermelon & Cantaloupe Whole Wheat Bun
4 CLOSED for INDEPENDENCE DAY	5 GRILLED PORK CHOP Apple Sauce Baked Beans Broccoli Honeydew Whole Wheat Bread	6 SHRIMP & CRAB BAKED ZITI* Peas & Pimentos Apricots Garlic Bread	7 CHICKEN SANDWICH on CROISSANT Brown Rice & Barley Salad Cantaloupe Tapioca Pudding	8 GRILLED TILAPIA w/ DILL SAUCE Brown Rice Pilaf Green Beans Strawberries Whole Wheat Bread
11 JUMBO BEEF* HOT DOG Chili Beans Cole Slaw Orange Wedges Whole Wheat Bun	12 JAMBALAYA Spinach Mandarin Oranges Spinach Garlic Bread	13 GREEK SALAD Cantaloupe Tapioca Pudding Whole Wheat Roll	14 SPINACH SAUSAGE STRATA Ranchero Potatoes V-8 Juice Orange Wedges Whole Wheat Bread	15 BEAN BURRITO w/ ENCHILADA SAUCE Spanish Rice Cauliflower/Carrots Perfection Salad Whole Wheat Tortilla
18 ORANGE BAKED CHICKEN Brown Rice Pilaf Broccoli Florets Pears Whole Wheat Bread	19 CHEF* SALAD Three Bean Salad Mandarin Orange Tapioca Pudding Whole Wheat Roll	20 BEEF TAMALES Pinto Beans Zucchini & Carrots Cantaloupe Whole Wheat Tortilla	21 APPLE BUTTER PORK LOIN Mash Sweet Potatoes Orange Beets Apple Sauce Whole Wheat Bread	22 BAKED COD w/ LEMON Steam Potatoes Peas & Pimento Pineapple Whole Wheat Bread
25 FRENCH BREAD PEPPERONI PIZZA Italian Mix Veg. Cantaloupe Chocolate Pudding	26 BBQ CHICKEN Baked Beans Coleslaw Salad Strawberries Corn Bread	27 SPAGHETTI PIE Spinach Pineapple Garlic Bread	28 SHRIMP LOUIS SALAD Mandarin Oranges Whole Wheat Bread Pudding w/ Apricot Topping Whole Wheat Roll	29 HOT PASTRAMI* SANDWICH Whole Wheat Bun Wild Rice Salad Broccoli Banana



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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 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 TAMALE PIE 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. All pasta used is whole wheat. All bread is whole wheat or whole grain.	