



## 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



### SEPTEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Area Agency on Aging PROHIBITS DISCRIMINATION IN ALL OF ITS PROGRAMS &amp; 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.</p>			<p><b>1</b>  <b>LUAU PORK</b>            Hawaiian Brown Rice Pilaf            Tropical Fruit Salad            Mixed Vegetables            Whole Wheat Bread</p>	<p><b>2</b>  <b>LABOR DAY PARTY</b>  <b>BBQ CHICKEN</b>            Baked Beans            Coleslaw Salad            Strawberries            Corn Bread</p>
<p><b>5</b>  <b>CLOSED</b>            for  <b>LABOR DAY</b></p>	<p><b>6</b>  <b>FRENCH BREAD PEPPERONI PIZZA</b>            Italian Mix Veg.            Cantaloupe            Chocolate Pudding</p>	<p><b>7</b>  <b>SPAGHETTI PIE</b>            Spinach            Pineapple            Garlic Bread</p>	<p><b>8</b>  <b>HOT PASTRAMI* SANDWICH</b>            Whole Wheat Bun            Wild Rice Salad            Broccoli            Banana</p>	<p><b>9</b>  <b>SHRIMP LOUIS SALAD</b>            Mandarin Oranges            Whole Wheat Bread Pudding            w/ Apricot Topping            Whole Wheat Roll</p>
<p><b>12</b>  <b>LEMON HERB CHICKEN</b>            Brown Rice Pilaf            Italian Mix Veg.            Honeydew            Whole Wheat Bread</p>	<p><b>13</b>  <b>QUICHE LORRIANE*</b>            Steamed Red Potatoes            Cole Slaw            Peaches            Whole Wheat Bread</p>	<p><b>14</b>  <b>TUNA SALAD PLATE</b>            Fruit Salad            Cherry Jell-O Cubes            Whole Wheat Roll</p>	<p><b>15</b>  <b>CHEESE BURGER*</b>            Potato Wedges            Carrot &amp; Raisin Salad            Watermelon            Whole Wheat Bun</p>	<p><b>16</b>  <b>SWEET &amp; SOUR PORK</b>            Steamed Brown Rice            Oriental Mix Veg.            Mandarin Oranges            Whole Wheat Bread</p>
<p><b>19</b>  <b>SALISBURY STEAK</b>            Garlic Mashed Potatoes            Spinach            Grapes            Whole Wheat Bread</p>	<p><b>20</b>  <b>TURKEY AND SWISS SANDWICH</b>            Macaroni Salad            Cucumber Salad            Mandarin Orange            Whole Wheat Bread</p>	<p><b>21</b>  <b>STUFFED BAKED POTATO</b>            Broccoli            Strawberries            Whole Wheat Bread</p>	<p><b>22</b>  <b>ROAST TURKEY CRANBERRY</b>            Sweet Potatoes            Green Beans            Mandarin Oranges            Whole Wheat Bread</p>	<p><b>23</b>  <b>SLOPPY JOE*</b>            Ranchero Potatoes            Peas &amp; Carrots            Watermelon &amp; Cantaloupe            Whole Wheat Bun</p>
<p><b>26</b>  <b>HONEY GARLIC BAKED CHICKEN</b>            Mashed Potatoes            Mixed Veg.            Peaches            Whole Wheat Bread</p>	<p><b>27</b>  <b>GRILLED PORK CHOP</b>            Apple Sauce            Baked Beans            Broccoli            Honeydew            Whole Wheat Bread</p>	<p><b>28</b>  <b>SHRIMP &amp; CRAB BAKED ZITI*</b>            Peas &amp; Pimentos            Apricots            Garlic Bread</p>	<p><b>29</b>  <b>CHICKEN SANDWICH on CROISSANT</b>            Brown Rice &amp; Barley Salad            Cantaloupe            Tapioca Pudding</p>	<p><b>30</b>  <b>GRILLED TILAPIA w/ DILL SAUCE</b>            Brown Rice Pilaf            Green Beans            Strawberries            Whole Wheat Bread</p>



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### OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>CHICKEN STIR FRY</b> Steamed Brown Rice Broccoli Florets Apricots Whole Wheat Bread	<b>4</b> <b>ROAST PORK LOIN</b> Baked Beans Harvard Beets Orange Wedges Whole Wheat Bread	<b>5</b> <b>SAUSAGE SPINACH STRATA</b> Whole Wheat Bread Tatar Tots Hawaiian Fruit Salad Orange Juice	<b>6</b> <b>MACARONI &amp; CHEESE</b> Whole Wheat Pasta Spinach Mandarin Oranges Bran Muffin	<b>7</b> <b>BAKED COD with LEMON</b> Steam Potatoes Peas & Carrots Strawberries Whole Wheat Bread
<b>10 COLUMBUS DAY</b> <b>SPAGHETTI &amp; MEAT SAUCE</b> Whole Wheat Pasta Cauliflower Fruit Cocktail Garlic Bread	<b>11</b> <b>CHICKEN MARENGO</b> Confetti Rice Green Beans Honeydew Whole Wheat Bread	<b>12</b> <b>HOT TURKEY SANDWICH</b> Garlic Mashed Brussels Sprouts Peaches Whole Wheat Bread	<b>13 OKTOBERFEST</b> <b>BRATWURST</b> Sauerkraut German Potato Salad Carrots Whole Wheat Roll	<b>14</b> <b>CURRIED CHICKEN</b> Brown Rice Pilaf Peas & Carrots Pineapple Whole Wheat Bread
<b>17</b> <b>STUFFED BELL PEPPER*</b> Lentil Salad Ginger Carrots Honeydew Garlic Bread	<b>18</b> <b>BAKED HAM* w/APRICOT GLAZE</b> Mashed Yams Green Beans Tangerine Whole Wheat Bread	<b>19</b> <b>PUMPKIN BAKED ZITI</b> Whole Wheat Pasta Italian Mix Veggies Strawberries Garlic Bread	<b>20</b> <b>KRABBY CAKES</b> Red Bean Salad Dilled Carrots Orange Wedges Whole Wheat Bread	<b>21</b> <b>SHEPHERD'S PIE</b> Mashed Potatoes Spinach Pears Whole Wheat Bread
<b>24</b> <b>BEEF STROGANOFF</b> Whole Wheat Egg Noodles Mixed Vegetables Cantaloupe Whole Wheat Bread	<b>25</b> <b>CHICKEN CAESAR SALAD</b> Blackeyed Pea Salad Mandarin Oranges Apricot Crumble Whole Wheat Roll	<b>26</b> <b>PORK VERDE</b> Spanish Rice Broccoli Mandarin Oranges Whole Wheat Tortilla	<b>27</b> <b>ROAST TURKEY CRANBERRY</b> Mashed Potatoes Green Beans Pears Whole Wheat Bread	<b>28</b> <b>HAM SALAD SANDWICH w/ PIMENTO CHEESE SPREAD*</b> Pasta & Pea Salad Cantaloupe Whole Wheat Bread
<b>31 HALLOWEEN</b> <b>SPAGHETTI &amp; MEAT SAUCE</b> Whole Wheat Pasta Cauliflower Fruit Cocktail Garlic Bread	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.			