



# 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



## NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
 Thank you, Veterans!	<b>1</b> <b>GRILLED TILAPIA w/ DILL SAUCE</b> Brown Rice Pilaf Spinach Honeydew Melon Whole Wheat Bread	<b>2</b> <b>CHEESE BURGER*</b> Lettuce/Tomato Baked Beans Coleslaw Cantaloupe Whole Wheat Bun	<b>3</b> <b>CHICKEN A LA KING</b> Brown Rice Cauliflower & Carrots Apple Sauce Whole Wheat Bread	<b>4</b> <b>TUNA MELT on* WHOLE WHEAT</b> Cream of Spinach Chowder Beet Salad Mandarin Oranges
<b>7</b> <b>PORK EGG ROLL*</b> Fried Rice Oriental Mix Veg. Mandarin Oranges Whole Wheat Bread	<b>8 ELECTION DAY</b> <b>SMOTHERED PORK CHOP</b> Scalloped Potatoes Mixed Vegetables Orange Wedges Whole Wheat Bread	<b>9</b> <b>ITALIAN MEAT LOAF</b> Mashed Potatoes Peas & Carrots Banana Whole Wheat Bread	<b>10</b> <b>VETERAN'S DAY BBQ CHICKEN</b> Baked Beans Carrots Cantaloupe Whole Wheat Bread	<b>11</b> <b>CLOSED FOR VETERANS DAY</b>
<b>14</b> <b>CHICKEN STIR FRY</b> Steamed Brown Rice Broccoli Florets Apricots Whole Wheat Bread	<b>15</b> <b>ROAST PORK LOIN</b> Baked Beans Harvard Beets Orange Wedges Whole Wheat Bread	<b>16</b> <b>SAUSAGE SPINACH STRATA</b> Tatar Tots Hawaiian Fruit Salad Whole Wheat Bread Orange Juice	<b>17 THANKSGIVING ROAST TURKEY</b> Sausage Stuffing Mashed Potatoes Green Bean Casserole Mandarin Oranges Whole Wheat Bread	<b>18</b> <b>BAKED COD w/ LEMON</b> Steam Potatoes Peas & Carrots Strawberries Whole Wheat Bread
<b>21</b> <b>MACARONI &amp; CHEESE</b> Whole Wheat Pasta Spinach Mandarin Oranges Bran Muffin	<b>22</b> <b>BAKED FISH with PANKO HERB TOPPING</b> Steamed Rice Broccoli Grapes	<b>23</b> <b>CURRIED CHICKEN</b> Brown Rice Pilaf Peas & Carrots Pineapple Whole Wheat Bread	<b>24</b> <b>CLOSED FOR THANKSGIVING</b>	<b>25</b> <b>CLOSED FOR THANKSGIVING</b>
<b>28</b> <b>STUFFED BELL PEPPER*</b> Lentil Salad Ginger Carrots Honeydew Garlic Bread	<b>29</b> <b>BAKED HAM* w/ APRICOT GLAZE</b> Mashed Yams Green Beans Tangerine Whole Wheat Bread	<b>30</b> <b>PUMPKIN BAKED ZITI</b> Whole Wheat Pasta Italian Mix Veg. Strawberries 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. Tuna sandwich is available as alternative.	



# 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



## DECEMBER 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. Tuna sandwich is available as alternative.</p>			<p><b>1</b> <b>KRABBY CAKES</b> Red Bean Salad Dilled Carrots Orange Wedges Whole Wheat Bread</p>	<p><b>2</b> <b>SHEPHERDS PIE</b> Mashed Potatoes Spinach Pears Whole Wheat Bread</p>
<p><b>5</b> <b>BEEF STROGANOFF</b> Whole Wheat Egg Noodles Mixed Vegetables Cantaloupe Whole Wheat Bread</p>	<p><b>6</b> <b>CHICKEN CAESAR SALAD</b> Black-eyed Pea Salad Mandarin Oranges Apricot Crumble Whole Wheat Roll</p>	<p><b>7</b> <b>PORK VERDE</b> Spanish Rice Broccoli Mandarin Oranges Whole Wheat Tortilla</p>	<p><b>8</b> <b>ROAST TURKEY CRANBERRY</b> Mashed Potatoes Green Beans Pears Whole Wheat Bread</p>	<p><b>9</b> <b>HAM SALAD SANDWICH w/ PIMENTO CHEESE SPREAD*</b> Pasta Salad, Pea Salad Cantaloupe Whole Wheat Bread</p>
<p><b>12</b> <b>CHICKEN ADOBO</b> Steamed Rice Broccoli Pears Whole Wheat Bread</p>	<p><b>13</b> <b>GRILLED TILAPIA W/DILL SAUCE</b> Brown Rice Pilaf Spinach Honeydew Melon Whole Wheat Bread</p>	<p><b>14</b> <b>CHEESE BURGER*</b> Lettuce/Tomato Baked Beans Coleslaw Cantaloupe Whole Wheat Bun</p>	<p><b>15</b> <b>CHRISTMAS LUNCH!</b> <b>ROAST BEEF w/ AU JUS</b> Garlic Mashed Potatoes Broccoli w/ Pimentos Fruit Salad Whole Wheat Roll</p>	<p><b>16</b> <b>TUNA MELT ON* WHOLE WHEAT</b> Cream of Spinach Chowder Beet Salad Mandarin Oranges</p>
<p><b>19</b> <b>PORK EGG ROLL*</b> Fried Rice Oriental Mix Veg. Mandarin Oranges Whole Wheat Bread</p>	<p><b>20</b> <b>SMOTHERED PORK CHOP</b> Scalloped Potatoes Mixed Vegetables Orange Wedges Whole Wheat Bread</p>	<p><b>21</b> <b>BBQ CHICKEN</b> Baked Beans Carrots Cantaloupe Whole Wheat Bread</p>	<p><b>22</b> <b>ITALIAN MEAT LOAF</b> Mashed Potatoes Peas &amp; Carrots Banana Whole Wheat Bread</p>	<p><b>23</b> <b>CLOSED FOR CHRISTMAS</b></p>
<p><b>26</b> <b>CLOSED FOR CHRISTMAS</b></p>	<p><b>27</b> <b>CHICKEN STIR FRY</b> Steamed Brown Rice Broccoli Florets Apricots Whole Wheat Bread</p>	<p><b>28</b> <b>SAUSAGE SPINACH STRATA</b> Tatar Tots Hawaiian Fruit Salad Orange Juice Whole Wheat Bread</p>	<p><b>29</b> <b>SPAGHETTI &amp; MEAT SAUCE</b> Whole Wheat Pasta Cauliflower Fruit Cocktail Garlic Bread</p>	<p><b>30</b> <b>NEW YEAR'S PARTY!</b> <b>ROAST PORK LOIN</b> Baked Beans Harvard Beets Orange Wedges Whole Wheat Bread</p>