



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



NOVEMBER 2016

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



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DECEMBER 2016

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