



City of Pacifica Senior Lunch Program

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



MAY 2021

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. Second servings of vegetables may be available upon request. All pasta used is whole wheat. All bread is whole wheat or whole grain.				
3 SAVORY BAKED CHICKEN Rice Pilaf Broccoli Mandarin Oranges Whole Wheat Bread	4 MEATLOAF with GRAVY Whipped Potatoes Peas w/ Pimentos Peaches Whole Wheat Bread	5 Cinco De Mayo CHILI RELLENO Refried Beans Corn O'Brien Apricots Whole Wheat Tortilla	6 BEEF BOURGIGNON Whole Wheat Noodles Spinach Tangerine Whole Wheat Bread	7 Mothers Day CHICKEN CORDON BLEW Rice Pilaf Asparagus Pears Whole Wheat Bread
10 QUICHE LORRIANE* Cucumber Salad Peas & Carrots Mandarin Oranges Whole Wheat Bread	11 BBQ CHICKEN Baked Beans Cole Slaw Pears Corn Bread	12 PORK LOIN Scalloped Potatoes Brussels Sprouts Apple Sauce Whole Wheat Bread	13 CHICKEN BLACK BEAN CHILI Baked Potato Cauliflower Mandarin Oranges Whole Wheat Bread	14 CABBAGE ROLL* Mashed Potatoes Mixed Veg. Peaches Whole Wheat Bread
17 FRENCH TOAST * Pork Sausage Link Scrambled Eggs V-8 Juice Apricots	18 SPAGHETTI & MEAT SAUCE Broccoli Fruit Cocktail Garlic Bread	19 CHINESE CHICKEN SALAD Tangerine Whole Wheat Bread	20 SOUR CREAM PORK CHOP Roasted Potatoes Dilled Carrots Orange Wedges Whole Wheat Bread	21 ASIAN BAKED FISH w/ ORANGE SAUCE Steam Potatoes Spinach Mandarin Oranges Whole Wheat Bread
24 CHEESE TORTELLINI with PESTO Romaine Salad Cauliflower Peaches Garlic Bread	25 CHICKEN SALAD WRAP Carrot Raisin Salad Orange Wedges Whole Wheat Tortilla	26 BAKED ZITI CASSEROLE Whole Wheat Pasta Spinach Pineapple Garlic Bread	27 CHICKEN CHABLIS Red Potatoes Mixed Vegetables Fruit Cocktail Whole Wheat Bread	28 Memorial Day BBQ PULLED PORK Garlic Fries Fiesta Corn Peaches Whole Wheat Bread



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JUNE 2021

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED FOR MEMORIAL DAY	1 CHILI STUFFED BAKED POTATO Minestrone Soup Broccoli Fruit Cocktail	2 BAKED HAM* w/ RAISIN SAUCE Mashed Yams Cauliflower Tangerine Whole Wheat Bread	3 CHICKEN PARMESAN Parsley Noodles Italian Mix Veg. Mandarin Oranges Whole Wheat Bread	4 TUNA NOODLE CASSEROLE Green Beans Apricots Whole Wheat Bread
7 CHICKEN APPLE SAUSAGE* Three Bean Salad Broccoli Pineapple Whole Wheat Bread	8 FETTUCCINE ALFREDO Whole Wheat Pasta Spinach Tangerines Whole Wheat Bun	9 ROAST TURKEY CRANBERRY Mashed Potatoes Carrots Peaches Whole Wheat Bread	10 SWEDISH MEATBALLS Spiral Noodles Green Beans Pineapple Whole Wheat Bread	11 CHEESE TORTELLINI with PESTO Romaine Salad Cauliflower Peaches Garlic Bread
14 SAVORY BAKED CHICKEN Rice Pilaf Broccoli Mandarin Oranges Whole Wheat Bread	15 CHILI RELLENO* CASSEROLE Refried Beans Green Beans Apricots Whole Wheat Tortilla	16 MEATLOAF with GRAVY Whipped Potatoes Peas w/ Pimentos Tangerine Whole Wheat Bread	17 Fathers Day PULLED PORK Coconut Rice Green Beans Pineapple Whole Wheat Bread	18 Summer Kickoff JUMBO BEEF HOT DOG Baked Beans Corn Mandarin Oranges Whole Wheat Buns
21 QUICHE LORRIANE* Cucumber Salad Peas & Carrots Mandarin Oranges Whole Wheat Bread	22 BBQ CHICKEN Baked Beans Cole Slaw Pears Corn Bread	23 PORK LOIN Scalloped Potatoes Brussels Sprouts Apple Sauce Whole Wheat Bread	24 CHEESE RAVIOLIS w/ MARINARA SAUCE Italian Green Beans Mandarin Oranges Whole Wheat Roll	25 CABBAGE ROLL* Mashed Potatoes Mixed Veg. Peaches Whole Wheat Bread
28 FRENCH TOAST * Pork Sausage Link Scrambled Eggs V-8 Juice Apricots	29 SPAGHETTI & MEAT SAUCE Broccoli Fruit Cocktail Garlic Bread	30 BEEF BOURGUIGNON Whole Wheat Noodles Spinach Tangerine Whole Wheat Bread		