



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 2020				
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. Tuna sandwich is available as alternative.				1 CHEESE TORTELLINI W/ PESTO Romaine Salad Cauliflower Peaches Garlic Bread
4 SAVORY BAKED CHICKEN Rice Pilaf Broccoli Mandarin Oranges Whole Wheat Bread	5 Cinco De Mayo ENCHILADA CASSEROLE Spanish Rice Corn O'Brien Apricots Whole Wheat Tortilla	6 MEATLOAF W/ GRAVY Whipped Potatoes Peas w/ Pimentos Strawberries Whole Wheat Bread	7 CHICKEN BLACK BEAN CHILI Baked Potato Cauliflower Mandarin Oranges Whole Grain Corn Bread	8 Mother's Day LEMON CHICKEN Rice Pilaf Carrots Pears Whole Wheat Bread
11 QUICHE LORRIANE* Cucumber Salad Peas & Carrots Mandarin Oranges Whole Wheat Bread	12 BBQ CHICKEN Baked Beans Cole Slaw Pears Corn Bread	13 GRILLED PORK CHOP Scalloped Potatoes Brussels Sprouts Apple Sauce Whole Wheat Bread	14 BEEF BOURGUIGNON Whole Wheat Noodles Spinach Cantaloupe Whole Wheat Bread	15 CABBAGE ROLL* Mashed Potatoes Mixed Veg. Peaches Whole Wheat Bread
18 FRENCH TOAST * Pork Sausage Link Scrambled Eggs V-8 Juice Apricots	19 SPAGHETTI & MEAT SAUCE Broccoli Fruit Cocktail Garlic Bread	20 CHINESE CHICKEN SALAD Cantaloupe Melon Whole Wheat Bread	21 SOUR CREAM PORK CHOP Roasted Potatoes Dilled Carrots Orange Wedges Whole Wheat Bread	22 ASIAN BAKED FISH w/ ORANGE SAUCE Steam Potatoes Spinach Honeydew Whole Wheat Bread
25 CLOSED FOR MEMORIAL DAY	26 CHICKEN SALAD WRAP Carrot Raisin Salad Orange Wedges Whole Wheat Tortilla	27 BAKED ZITI CASSEROLE Whole Wheat Pasta Spinach Cantaloupe Garlic Bread	28 CHICKEN CHABLIS Red Potatoes Mixed Vegetables Fruit Cocktail Whole Wheat Bread	29 GRILLED KRABBY SAND* Cole Slaw Peaches Whole Wheat Bread



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JUNE 2020				
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1 CHEESE RAVIOLIS w/ MARINARA SAUCE Italian Green Beans Mandarin Oranges Whole Wheat Roll	2 CHILI STUFFED BAKED POTATO Minestrone Soup Broccoli Fruit Cocktail	3 BAKED HAM* w/ RAISIN SAUCE Mashed Yams Cauliflower Fresh Melon Whole Wheat Bread	4 CHICKEN PARMESAN Parsley Noodles Italian Mix Veg. Mandarin Oranges Whole Wheat Bread	5 TUNA NOODLE CASSEROLE Green Beans Cantaloupe Whole Wheat Bread
8 CHICKEN APPLE SAUSAGE* Three Bean Salad Broccoli Pineapple Whole Wheat Bread	9 BBQ PULLED PORK SANDWICH Potato Salad Spinach Tangerines Whole Wheat Bun	10 ROAST TURKEY CRANBERRY Mashed Potatoes Carrots Peaches Whole Wheat Bread	11 SWEDISH MEATBALLS Spiral Noodles Red Cabbage Slaw Grapes Whole Wheat Bread	12 CHEESE TORTELLINI W/ PESTO Romaine Salad Cauliflower Peaches Garlic Bread
15 SAVORY BAKED CHICKEN Rice Pilaf Broccoli Mandarin Oranges Whole Wheat Bread	16 CHILI RELLENO* CASSEROLE Refried Beans Green Beans Apricots Whole Wheat Tortilla	17 MEATLOAF W/ GRAVY Whipped Potatoes Peas w/ Pimentos Strawberries Whole Wheat Bread	18 Fathers Day PULLED PORK Coconut Rice Green Beans Pineapple Whole Wheat Bread	19 Summer Kickoff JUMBO BEEF HOT DOG Baked Beans Corn Mandarin Oranges Whole Wheat Bread
22 QUICHE LORRIANE* Cucumber Salad Peas & Carrots Mandarin Oranges Whole Wheat Bread	23 BBQ CHICKEN Baked Beans Cole Slaw Pears Corn Bread	24 GRILLED PORK CHOP Scalloped Potatoes Brussels Sprouts Apple Sauce Whole Wheat Bread	25 BEEF BOURGUIGNON Whole Wheat Noodles Spinach Cantaloupe Whole Wheat Bread	26 CABBAGE ROLL* Mashed Potatoes Mixed Veg. Peaches Whole Wheat Bread
29 FRENCH TOAST * Pork Sausage Link Scrambled Eggs V-8 Juice Apricots	30 SPAGHETTI & MEAT SAUCE Broccoli 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. Tuna sandwich is available as alternative.		