



# 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

JANUARY 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>ARTICHOKE &amp; OLIVE CHICKEN</b> Curried Rice Broccoli Florets Apricots Wheat Bread	<b>4</b> <b>SPAGHETTI &amp; MEAT SAUCE</b> Three Bean Salad Cauliflower Fruit Cocktail Garlic Bread	<b>5</b> <b>BRATWURST with CAMELIZED ONION*</b> Mashed Potatoes Glazed Carrots Pears Wheat Bread	<b>6</b> <b>DIJON ROAST PORK LOIN</b> Roasted Yams Orange Beets Apple Sauce Wheat Bread	<b>7</b> <b>GINGER SOY TILAPIA</b> Steamed Rice Zucchini Mandarin Oranges Wheat Bread
<b>10</b> <b>MACARONI &amp; CHEESE</b> Whole Wheat Pasta Spinach Orange Wedges Whole Wheat Bread	<b>11</b> <b>CHICKEN JERUSALEM</b> Confetti Rice Broccoli Applesauce Whole Wheat Bread	<b>12</b> <b>HAM &amp; CHEESE MELT*</b> 3 Bean Salad Pears Berry Muffin	<b>13</b> <b>LEMON GLAZED CHICKEN</b> Steamed Rice Asian Mix. Veg. Mandarin Oranges Fortune Cookie	<b>14</b> <b>TUNA NOODLE CASSEROLE*</b> W.Wheat Noodles Orange Beets Peaches Whole Wheat Bread
<b>17</b> <b>CLOSED for MARTIN LUTHER KING DAY</b>	<b>18</b> <b>LASAGNA BIANCA</b> (White Lasagna) Whole Wheat Pasta Roasted Y. Squash Orange Wedges Garlic Bread	<b>19</b> <b>CHICKEN POT PIE*</b> Garlic Mashed Glazed Carrots Peaches Whole Wheat Bread	<b>20</b> <b>CHEESE BURGER</b> Sweet Potato Wedges Green Beans Mandarin Oranges Whole Wheat Bun	<b>21</b> <b>HERBED BAKED COD</b> Rice Pilaf Capri Vegetables Apricots Whole Wheat Bread
<b>24</b> <b>TURKEY TETRAZZINI*</b> Whole Wheat Pasta Spinach Tropical Fruit Whole Wheat Bun	<b>25</b> <b>HUNGARIAN BEEF GOULASH</b> Brown Rice Mixed Veg. Mandarin Oranges Whole Wheat Bread	<b>26</b> <b>ROSEMARY CHICKEN</b> Roasted Potatoes Peas & Carrots Fruit Cocktail Whole Wheat Bread	<b>27</b> <b>SWEDISH MEATBALLS*</b> Spiral Noodles Broccoli Pears Whole Wheat Bread	<b>28</b> <b>CABBAGE ROLL*</b> Mashed Potatoes Mixed Veg. Peaches Whole Wheat Bread
<b>31</b> <b>STUFFED PASTA SHELLS BOLOGNESE*</b> Herbed Carrots Applesauce Garlic Bread	<b>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.</b>			



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## FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 CHINESE NY</b> <b>GINGER SCALLION CHICKEN</b> Garlic Noodles Green Beans Mandarin Oranges Fortune Cookie	<b>2 ITALIAN SAUSAGE &amp; PEPPERS*</b> Mashed Potatoes Glazed Carrots Pears Wheat Bread	<b>3 BAKED HAM* with RAISIN SAUCE</b> Mashed Yams Zucchini Tangerine Whole Wheat Bread	<b>4 CHILI RELLENO CASSEROLE *</b> Refried Beans Mixed Vegetables Oranges Wheat Tortilla
<b>7 BAKED CHICKEN with COUNTRY GRAVY</b> Mashed Potatoes Broccoli Peaches Whole Wheat Bread	<b>8 BEEF STEW with CARROTS &amp; POTATOES</b> Peas Fruit Cocktail Whole Wheat Bread	<b>9 COQ AU VIN</b> Brussels Sprouts Brown Rice Orange Wedges Whole Wheat Bread	<b>10 SUPER BOWL HOT DOG*</b> Potato Chips Carrot Raisin Salad Mixed Fruit Salad Wheat Bread	<b>11 ORANGE CHICKEN</b> Steamed Rice Asian Mixed Veg Mandarin Oranges Whole Wheat Bread
<b>14 VALENTINE'S DAY</b> <b>CRAB CAKES ROMESCO SAUCE</b> Scalloped Potatoes Roasted Zucchini Pears Whole Wheat Bread	<b>15 LEMON PEPPER CHICKEN</b> Confetti Rice Mixed Vegetables Fruit Cocktail Whole Wheat Bread	<b>16 SPAGHETTI &amp; MEATBALLS</b> Whole Wheat Pasta Carrots Applesauce Garlic Bread	<b>17 CABBAGE ROLL*</b> Mashed Potatoes Mixed Vegetables Peaches Whole Wheat Bread	<b>18 BAKED BASA FISH</b> Brown Rice Yellow Squash Tropical Fruit Whole Wheat Bread
<b>21</b>  <b>CLOSED</b> <b>for</b> <b>PRESIDENTS'</b> <b>DAY</b>	<b>22 GRILLED PORK CHOP</b> Rice Pilaf Zucchini Apple Sauce Whole Wheat Bread	<b>23 CHICKEN APPLE SAUSAGE</b> Roasted Potatoes Glazed Carrots Pears Whole Wheat Bread	<b>24 BAKED HAM* with RAISIN SAUCE</b> Mashed Potatoes Green Beans Tangerine Whole Wheat Bread	<b>25 ENCHILADA CASSEROLE *</b> Spanish Rice Mixed Vegetables Mandarin Oranges Wheat Tortilla
<b>28 MANICOTTI with MARINARA*</b> Whole Wheat Pasta Spinach Peaches Whole Wheat Bread	<b>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.</b>			