



# 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



## SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>HONEY GARLIC BAKED CHICKEN</b> Mashed Potatoes Mixed Veg. Peaches Whole Wheat Bread	<b>2</b> <b>GRILLED PORK CHOP</b> Apple Sauce Baked Beans Broccoli Honeydew Whole Wheat Bread	<b>3</b> <b>CHICKEN SAND. ON CROISSANT</b> Brown Rice & Barley Salad Cantaloupe Tapioca Pudding	<b>4</b> <b>ASIAN ORANGE TILAPIA</b> Steam Potatoes Mixed Vegetables Pears Wheat Bread
<b>7</b> <b>CLOSED FOR LABOR DAY</b>	<b>8</b> <b>CHICKEN CORDON BLEU</b> Rice Pilaf Spinach Mandarin Oranges Whole Wheat Bread	<b>9</b> <b>BEAN BURRITO w/ ENCHILADA SAUCE</b> Spanish Rice Cauliflower/Carrots Perfection Salad Whole Wheat Tortilla	<b>10</b> <b>PORK ROJO</b> Pinto Beans Fiesta Corn Strawberries Whole Wheat Tortilla	<b>11</b> <b>BAKED TILAPIA w/ DILL SAUCE</b> Brown Rice Pilaf Green Beans Strawberries Whole Wheat Bread
<b>14</b> <b>ORANGE BAKED CHICKEN</b> Brown Rice Pilaf Broccoli Florets Pears Whole Wheat Bread	<b>15</b> <b>CHICKEN BLACK BEAN CHILI</b> Mashed Potatoes Carrots Fruit Cocktail French Bread	<b>16</b> <b>BEEF TAMALES</b> Pinto Beans Zucchini/ Carrots Cantaloupe Whole Wheat Tortilla	<b>17</b> <b>PORK LOIN w/ COUNTRY GRAVY</b> Mash Sweet Potatoes Orange Beets Apple Sauce Whole Wheat Bread	<b>18</b> <b>BAKED COD w/ LEMON</b> Red Steam Potatoes Peas & Pimento Pineapple Whole Wheat Bread
<b>21</b> <b>FRENCH BREAD PIZZA PEPPERONI</b> Italian Mix Veg. Pineapple Chocolate Pudding	<b>22</b> <b>SPAGHETTI PIE</b> Spinach Cantaloupe Garlic Bread	<b>23</b> <b>BBQ CHICKEN</b> Baked Beans Coleslaw Salad Strawberries Whole Wheat Roll	<b>24</b> <b>ITALIAN MEAT LOAF</b> Mashed Potatoes Peas & Carrots Banana Whole Wheat Bread	<b>25</b> <b>CHEESE TORTELLINI w/ PESTO</b> Romaine Salad Cauliflower Pears Garlic Bread
<b>28</b> <b>LEMON HERB CHICKEN</b> Brown Rice Pilaf Italian Mix Veg. Peaches Whole Wheat Bread	<b>29</b> <b>QUICHE FLORENTINE*</b> Steamed Red Potatoes Cole Slaw Honeydew Whole Wheat Bread	<b>30</b> <b>SWEET AND SOUR PORK</b> Steamed Brown Rice Oriental Mix Veg. Mandarin Oranges Whole Wheat Bread		



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### OCTOBER 2020

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.</p>			<p><b>1 OKTOBERFEST</b>  <b>BRATWURST &amp; SAUERKRAUT</b>            German Potato Salad            Green Beans            Pears            Whole Wheat Bread</p>	<p><b>2 TUNA MELT ON*            WHOLE WHEAT</b>            Beet Salad            Mandarin Oranges</p>
<p><b>5 VEGETABLE EGG ROLL*</b>            Fried Rice            Oriental Mix Veg            Mandarin Oranges            Whole Wheat Bread</p>	<p><b>6 SMOTHERED PORK CHOP</b>            Scalloped Potatoes            Mixed Vegetables            Orange Wedges            Whole Wheat Bread</p>	<p><b>7 BBQ CHICKEN</b>            Baked Beans            Carrots            Cantaloupe            Whole Wheat Bread</p>	<p><b>8 ITALIAN MEAT LOAF</b>            Mashed Potatoes            Peas &amp; Carrots            Banana            Whole Wheat Bread</p>	<p><b>9 BAKED FISH PANKO HERB TOPPING</b>            Steamed Rice            Broccoli            Grapes            Whole Wheat Bread</p>
<p><b>12 CHICKEN STIR FRY</b>            Steamed Brown Rice            Broccoli Florets            Apricots            Whole Wheat Bread</p>	<p><b>13 ROAST PORK LOIN</b>            Baked Beans            Harvard Beets            Orange Wedges            Whole Wheat Bread</p>	<p><b>14 GRILLED CHICKEN SANDWICH</b>            Tatar Tots            Coleslaw            Hawaiian Fruit Salad            Whole Wheat Bun</p>	<p><b>15 SPAGHETTI &amp; MEAT SAUCE</b>            Whole Wheat Pasta            Cauliflower            Fruit Cocktail            Garlic Bread</p>	<p><b>16 BAKED COD w/ CREOLE SAUCE</b>            Steam Potatoes            Peas &amp; Carrots            Strawberries            Whole Wheat Bread</p>
<p><b>19 FRENCH TOAST</b>            Scrambled Eggs            Sausage            V-8 Juice            Banana</p>	<p><b>20 CHICKEN MARENGO</b>            Confetti Rice            Green Beans            Honeydew            Whole Wheat Bread</p>	<p><b>21 HOT TURKEY SANDWICH</b>            Garlic Mashed Brussels Sprouts            Peaches            Whole Wheat Bread</p>	<p><b>22 MACARONI &amp; CHEESE</b>            Whole Wheat Pasta            Spinach            Mandarin Oranges            Bran Muffin</p>	<p><b>23 CURRIED BEEF</b>            Brown Rice Pilaf            Peas &amp; Carrots            Pineapple            Whole Wheat Bread</p>
<p><b>26 STUFFED BELL PEPPER*</b>            Lentil Salad            Ginger Carrots            Tangerine            Garlic Bread</p>	<p><b>27 BAKED HAM* W/ APRICOT GLAZE</b>            Mashed Yams            Green Beans            Honeydew            Whole Wheat Bread</p>	<p><b>28 CHICKEN POT PIE</b>            Broccoli            Strawberries            Garlic Bread</p>	<p><b>29 HALLOWEEN SPOOKY BEEF GOULASH</b>            Spiral Noodles            Spinach            Orange Wedges            Whole Wheat Bread</p>	<p><b>30 GRILLED TILAPIA w/ DILL SAUCE</b>            Brown Rice Pilaf            Spinach            Peaches            Whole Wheat Bread</p>