



City of Pacifica Senior Lunch Program

Meals are delivered by volunteers between 11 am-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 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 STUFFED BELL PEPPER* Ginger Carrots Mandarin Oranges Whole Wheat Roll	2 BAKED HAM* with APRICOT GLAZE Mashed Yams Green Beans Honeydew Whole Wheat Roll	3 CHICKEN POT PIE Broccoli Bananas Whole Wheat Roll	4 SPAGHETTI with MEAT SAUCE Roasted Squash Oranges Garlic Bread	5 EGG SALAD PLATE Fruit Jell-O CUPS Pears Whole Wheat Bread
8 BEEF STROGANOFF Egg Noodles Mixed Vegetables Peaches Whole Wheat Bread	9 TURKEY SANDWICH* Coleslaw Pears Whole Wheat Bread	10 PORK VERDE Spanish Rice Broccoli Fruit Cocktail Whole Wheat Tortilla	11 CLOSED for VETERANS DAY	12 BAKED COD with LEMON GLAZE Rice Pilaf Yellow Squash Apricots Whole Wheat Bread
15 CHICKEN ADOBO Steamed Rice Broccoli Pears Whole Wheat Bread	16 GRILLED TILAPIA with DILL SAUCE Brown Rice Pilaf Spinach Honeydew Whole Wheat Bread	17 CHEESE BURGER* Lettuce/Tomato Baked Beans Fruit Cocktail Whole Wheat Bun	18 Thanksgiving Feast ROAST TURKEY with STUFFING Mashed Potatoes Green Beans Toss Salad Whole Wheat Roll	19 TUNA MELT ON* WHOLE WHEAT Beet Salad Mandarin Oranges Whole Wheat Bread
22 VEGETABLE EGG ROLL* Fried Rice Asian Mixed Veg Oranges Whole Wheat Bread	23 SMOTHERED PORK CHOP Scalloped Potatoes Capri Vegetables Applesauce Whole Wheat Bread	24 BBQ CHICKEN Baked Beans Roasted Corn Cantaloupe Whole Wheat Bread	25 CLOSED for THANKSGIVING	26 CLOSED for THANKSGIVING
29 CHICKEN STIR FRY Steamed Brown Rice Broccoli Florets Apricots Whole Wheat Bread	30 ROAST PORK LOIN Mashed Potatoes Harvard Beets Orange Wedges Whole Wheat 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. All pasta used is whole wheat. All bread is whole wheat or whole grain.		



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DECEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 GRILLED CHICKEN SANDWICH Coleslaw Hawaiian Fruit Salad Whole Wheat Bun	2 SPAGHETTI & MEAT SAUCE Whole Wheat Pasta Cauliflower Fruit Cocktail Garlic Bread	3 BAKED COD with CREOLE SAUCE Steam Potatoes Peas & Carrots Strawberries Whole Wheat Bread
6 FRENCH TOAST with SYRUP Sausage Frittata V-8 Juice Banana	7 CHICKEN MARENGO Confetti Rice Green Beans Honeydew Whole Wheat Bread	8 TURKEY* SANDWICH Pasta Salad Peaches Whole Wheat Bread	9 MACARONI & CHEESE Whole Wheat Pasta Spinach Mandarin Oranges Bran Muffin	10 CURRIED CHICKEN Brown Rice Potatoes & Carrots Pineapple Whole Wheat Bread
13 STUFFED BELL PEPPER* Ginger Carrots Oranges Whole Wheat Bread	14 VEGETABLE BAKED ZITI Roasted Brussel Sprouts Honeydew Garlic Bread	15 CHICKEN POT PIE Broccoli Peaches Jell-O	16 Holiday Lunch BAKED HAM with RAISIN SAUCE* Mashed Yams Green Beans Apple Sauce Whole Wheat Bread	17 CHICKEN CACCIATORE Wheat Pasta Zucchini Pears Garlic Bread
20 BEEF STROGANOFF Egg Noodles Mixed Vegetables Peaches Whole Wheat Bread	21 TURKEY SANDWICH* Pea Salad Pears Whole Wheat Bread	22 PORK VERDE Spanish Rice Broccoli Fruit Cocktail Whole Wheat Tortilla	CLOSED for CHRISTMAS HOLIDAY	CLOSED for CHRISTMAS HOLIDAY
27 CHICKEN ADOBO Steamed Rice Sauteed Cabbage Pears Whole Wheat Bread	28 BAKED TILAPIA with DILL SAUCE Mashed Potatoes Spinach Bananas Whole Wheat Bread	29 CHEESE BURGER* Lettuce/Tomato Coleslaw Fruit Cocktail Garlic Bread	30 New Years Eve BAKED CHICKEN with APRICOT GLAZE Mashed Yams Green Beans Honeydew Whole Wheat Roll	CLOSED for NEW YEARS DAY