



# 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



JULY 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLEASE NOTE: The July menu is subject to change as we are in the process of recruiting a new Food Services Coordinator. During this transitional period, we have contracted with TRIO Community Meals to provide lunches for both "Grab and Go" lunch and Meals on Wheels until further notice. Thank you in advance for your patience!</b>			<b>1</b>  <b>BEEF STIR FRY</b>  Garlic Noodles Stir Fry Vegetables Garden Salad Fresh Fruit	<b>2</b> <b>4TH OF JULY BBQ</b>  <b>BBQ PORK RIBLET</b>  Hot Dog Bun Sweet Potatoes Vegetables Fresh Fruit
<b>5</b>  <b>CLOSED</b>  <b>for</b>  <b>FOURTH OF JULY</b>	<b>6</b>  <b>PORK with CHIMICHURRI</b>  Whole Wheat Roll Cauliflower Diced Carrots Fresh Fruit	<b>7</b>  <b>BROCCOLI FRITTATA</b>  Whole Wheat Bread Roasted Potatoes Garden Salad Fresh Orange	<b>8</b>  <b>CALYPSO CHICKEN CASSEROLE</b>  Brown Rice Peas & Carrots Fresh Coleslaw Fresh Banana	<b>9</b>  <b>CREOLE CATFISH</b>  Dirty Brown Rice Black Beans Carrot Raisin Salad Fresh Orange
<b>12</b>  <b>SALISBURY STEAK</b>  Garlic Mashed Potatoes Spinach Tangerine Whole Wheat Bread	<b>13</b>  <b>PORK VERDE</b>  Refried Beans Green Beans Pears Whole Wheat Tortilla	<b>14</b>  <b>CHICKEN CAESAR SALAD</b>  Mandarin Oranges Whole Wheat Roll	<b>15</b>  <b>SLOPPY JOE*</b>  Ranchero Potatoes Peas & Carrots Peaches Whole Wheat Bun	<b>16</b>  <b>TURKEY AND SWISS SANDWICH</b>  Macaroni Salad  Mandarin Orange Ciabatta Roll
<b>19</b>  <b>BAKED ZITI</b>  Peas & Pimentos Apricots Garlic Bread	<b>20</b>  <b>HONEY GARLIC BAKED CHICKEN</b>  Rice Pilaf Mixed Veg. Peaches Whole Wheat Bread	<b>21</b>  <b>GRILLED PORK CHOP</b>  Apple Sauce Baked Beans Broccoli Pears Whole Wheat Bread	<b>22</b>  <b>CHICKEN SAND. ON CROISSANT</b>  Brown Rice & Barley Salad Tangerine Tapioca Pudding	<b>23</b>  <b>BAKED TILAPIA with DILL SAUCE</b>  Brown Rice Pilaf Green Beans Mandarin Oranges Whole Wheat Bread
<b>26</b>  <b>JUMBO BEEF* HOT DOG</b>  Chili Beans Orange Wedges Whole Wheat Bun	<b>27</b>  <b>CHICKEN CORDON BLEU</b>  Rice Pilaf Spinach Mandarin Oranges Whole Wheat Bread	<b>28</b>  <b>BEAN BURRITO with ENCHILADA SAUCE</b>  Spanish Rice Cauliflower/Carrots Perfection Salad Whole Wheat Tortilla	<b>29</b>  <b>PORK ROJO</b>  Pinto Beans Fiesta Corn Apricots Whole Wheat Tortilla	<b>30</b>  <b>BAKED COD with LEMON</b>  Brown Rice Pilaf Carrots Pears Whole Wheat Roll



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## AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>ORANGE BAKED CHICKEN</b> Brown Rice Pilaf Broccoli Florets Pears Whole Wheat Bread	<b>3</b> <b>PIZZA BREAD</b>  Three Bean Salad Madarin Oranges Ciabatta Roll	<b>4</b> <b>BEEF TAMALES</b>  Pinto Beans Zucchini/ Carrots Apricots Whole Wheat Tortilla	<b>5</b> <b>PORK LOIN w/ COUNTRY GRAVY</b> Mash Sweet Potatoes Orange Beets Apple Sauce Whole Wheat Bread	<b>6</b> <b>BAKED COD w/ LEMON</b> Red Steam Potatoes Peas & Pimento Pineapple Whole Wheat Bread
<b>9</b> <b>SPAGHETTI PIE</b>  Spinach Tangerine Garlic Bread	<b>10</b> <b>CHICKEN ADOBO</b>  White Rice Italian Mix Veg. Pineapple Chocolate Pudding	<b>11</b> <b>SALISBURY STEAK</b>  Baked Beans Coleslaw Salad Pears Whole Wheat Roll	<b>12</b> <b>SHRIMP LOUIS SALAD</b>  Mandarin Oranges Whole Wheat Roll	<b>13</b> <b>HOT PASTRAMI* SANDWICH</b> Wild Rice Salad Broccoli Peaches Whole Wheat Bun
<b>16</b> <b>LEMON HERB CHICKEN</b> Brown Rice Pilaf Italian Mix Veg. Peaches Whole Wheat Bread	<b>17</b> <b>QUICHE FLORENTINE*</b> Red Steamed Potatoes Cole Slaw Tangerine Whole Wheat Bread	<b>18</b> <b>SWEET AND SOUR PORK</b> Steamed Brown Rice Oriental Mix Veg. Mandarin Oranges Whole Wheat Bread	<b>19</b> <b>CHEESE BURGER*</b> Potato Wedges Carrot & Raisin Salad Whole Wheat Bun	<b>20</b> <b>TUNA SALAD PLATE</b>  Fruit Salad Whole Wheat Roll
<b>23</b> <b>SALISBURY STEAK</b> Garlic Mashed Potatoes Spinach Tangerine Whole Wheat Bread	<b>24</b> <b>PORK VERDE</b> Refried Beans Green Beans Pineapple Whole Wheat Tortilla	<b>25</b> <b>CHICKEN CAESAR SALAD</b> Mandarin Oranges Three Bean Salad Whole Wheat Roll	<b>26</b> <b>SLOPPY JOE*</b> Ranchero Potatoes Peas & Carrots Whole Wheat Bun	<b>27</b> <b>TURKEY AND SWISS SANDWICH</b>  Macaroni Salad Mandarin Orange Ciabatta Roll
<b>30</b> <b>BAKED ZITI</b>  Peas & Pimentos Apricots Garlic Bread	<b>31</b> <b>HONEY GARLIC CHICKEN</b> Mixed Veg. Mashed Potatoes 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.</b>		