



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



SEPTEMBER 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
|  | 1 HONEY GARLIC BAKED CHICKEN Mashed Potatoes Mixed Veg. Peaches Whole Wheat Bread | 2 GRILLED PORK CHOP Apple Sauce Baked Beans Broccoli Honeydew Whole Wheat Bread | 3 CHICKEN SAND. ON CROISSANT Brown Rice & Barley Salad Cantaloupe Tapioca Pudding | 4 ASIAN ORANGE TILAPIA Steam Potatoes Mixed Vegetables Pears Wheat Bread |
| 7 CLOSED FOR LABOR DAY | 8 CHICKEN CORDON BLEU Rice Pilaf Spinach Mandarin Oranges Whole Wheat Bread | 9 BEAN BURRITO w/ ENCHILADA SAUCE Spanish Rice Cauliflower/Carrots Perfection Salad Whole Wheat Tortilla | 10 PORK ROJO Pinto Beans Fiesta Corn Strawberries Whole Wheat Tortilla | 11 BAKED TILAPIA w/ DILL SAUCE Brown Rice Pilaf Green Beans Strawberries Whole Wheat Bread |
| 14 ORANGE BAKED CHICKEN Brown Rice Pilaf Broccoli Florets Pears Whole Wheat Bread | 15 CHICKEN BLACK BEAN CHILI Mashed Potatoes Carrots Fruit Cocktail French Bread | 16 BEEF TAMALES Pinto Beans Zucchini/ Carrots Cantaloupe Whole Wheat Tortilla | 17 PORK LOIN w/ COUNTRY GRAVY Mash Sweet Potatoes Orange Beets Apple Sauce Whole Wheat Bread | 18 BAKED COD w/ LEMON Red Steam Potatoes Peas & Pimento Pineapple Whole Wheat Bread |
| 21 FRENCH BREAD PIZZA PEPPERONI Italian Mix Veg. Pineapple Chocolate Pudding | 22 SPAGHETTI PIE Spinach Cantaloupe Garlic Bread | 23 BBQ CHICKEN Baked Beans Coleslaw Salad Strawberries Whole Wheat Roll | 24 ITALIAN MEAT LOAF Mashed Potatoes Peas & Carrots Banana Whole Wheat Bread | 25 CHEESE TORTELLINI w/ PESTO Romaine Salad Cauliflower Pears Garlic Bread |
| 28 LEMON HERB CHICKEN Brown Rice Pilaf Italian Mix Veg. Peaches Whole Wheat Bread | 29 QUICHE FLORENTINE* Steamed Red Potatoes Cole Slaw Honeydew Whole Wheat Bread | 30 SWEET AND SOUR PORK 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 & 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.</p> | | | <p>1 OKTOBERFEST BRATWURST & SAUERKRAUT German Potato Salad Green Beans Pears Whole Wheat Bread</p> | <p>2 TUNA MELT ON* WHOLE WHEAT Beet Salad Mandarin Oranges</p> |
| <p>5 VEGETABLE EGG ROLL* Fried Rice Oriental Mix Veg Mandarin Oranges Whole Wheat Bread</p> | <p>6 SMOTHERED PORK CHOP Scalloped Potatoes Mixed Vegetables Orange Wedges Whole Wheat Bread</p> | <p>7 BBQ CHICKEN Baked Beans Carrots Cantaloupe Whole Wheat Bread</p> | <p>8 ITALIAN MEAT LOAF Mashed Potatoes Peas & Carrots Banana Whole Wheat Bread</p> | <p>9 BAKED FISH PANKO HERB TOPPING Steamed Rice Broccoli Grapes Whole Wheat Bread</p> |
| <p>12 CHICKEN STIR FRY Steamed Brown Rice Broccoli Florets Apricots Whole Wheat Bread</p> | <p>13 ROAST PORK LOIN Baked Beans Harvard Beets Orange Wedges Whole Wheat Bread</p> | <p>14 GRILLED CHICKEN SANDWICH Tatar Tots Coleslaw Hawaiian Fruit Salad Whole Wheat Bun</p> | <p>15 SPAGHETTI & MEAT SAUCE Whole Wheat Pasta Cauliflower Fruit Cocktail Garlic Bread</p> | <p>16 BAKED COD w/ CREOLE SAUCE Steam Potatoes Peas & Carrots Strawberries Whole Wheat Bread</p> |
| <p>19 FRENCH TOAST Scrambled Eggs Sausage V-8 Juice Banana</p> | <p>20 CHICKEN MARENGO Confetti Rice Green Beans Honeydew Whole Wheat Bread</p> | <p>21 HOT TURKEY SANDWICH Garlic Mashed Brussels Sprouts Peaches Whole Wheat Bread</p> | <p>22 MACARONI & CHEESE Whole Wheat Pasta Spinach Mandarin Oranges Bran Muffin</p> | <p>23 CURRIED BEEF Brown Rice Pilaf Peas & Carrots Pineapple Whole Wheat Bread</p> |
| <p>26 STUFFED BELL PEPPER* Lentil Salad Ginger Carrots Tangerine Garlic Bread</p> | <p>27 BAKED HAM* W/ APRICOT GLAZE Mashed Yams Green Beans Honeydew Whole Wheat Bread</p> | <p>28 CHICKEN POT PIE Broccoli Strawberries Garlic Bread</p> | <p>29 HALLOWEEN SPOOKY BEEF GOULASH Spiral Noodles Spinach Orange Wedges Whole Wheat Bread</p> | <p>30 GRILLED TILAPIA w/ DILL SAUCE Brown Rice Pilaf Spinach Peaches Whole Wheat Bread</p> |