



# 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



NOVEMBER 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>ROAST PORK LOIN</b> Baked Beans Harvard Beets Orange Wedges Whole Wheat Bread	<b>3</b> <b>GRILLED CHICKEN SANDWICH</b> Tatar Tots Coleslaw Hawaiian Fruit Salad Whole Wheat Bun	<b>4</b> <b>CURRIED BEEF</b> Brown Rice Pilaf Peas & Carrots Pineapple Whole Wheat Bread	<b>5</b> <b>CHICKEN CACCIATORE</b> Wheat Pasta Spinach Pears Whole Wheat Bread	<b>6</b> <b>BAKED FISH PANKO HERB TOPPING</b> Steamed Rice Broccoli Grapes Whole Wheat Bread
<b>9</b> <b>BEEF STROGANOFF</b> Whole Wheat Egg Noodles Mixed Vegetables Mandarin Oranges Whole Wheat Bread	<b>10</b> <b>HAWAIIAN FARMER SANDWICH</b> Pea Salad Cantaloupe Whole Wheat Bread	<b>11</b> <b>CLOSED for VETERANS DAY</b>	<b>12</b> <b>ITALIAN MEAT LOAF</b> Mashed Potatoes Peas & Carrots Banana Whole Wheat Bread	<b>13</b> <b>BAKED COD with LEMON GLAZE</b> Rice Pilaf Spinach Apricots Whole Wheat Bread
<b>16</b> <b>PORK VERDE</b> Spanish Rice Broccoli Fruit Cocktail Whole Wheat Tortilla	<b>17</b> <b>BAKED HAM with RAISIN SAUCE</b> Mashed Potatoes Carrots Apple Sauce Whole Wheat Bread	<b>18</b> <b>CHEESE BURGER*</b> Lettuce/Tomato Baked Beans Coleslaw Fruit Cocktail Whole Wheat Bun	<b>19 Thanksgiving Feast</b> <b>ROAST TURKEY with STUFFING</b> Mashed Potatoes Green Beans Toss Salad Whole Wheat Roll	<b>20</b> <b>GRILLED TILAPIA with DILL SAUCE</b> Brown Rice Pilaf Spinach Peaches Whole Wheat Bread
<b>23</b> <b>VEGETABLE EGG ROLL*</b> Fried Rice Oriental Mix Veg Mandarin Oranges Whole Wheat Bread	<b>24</b> <b>SMOTHERED PORK CHOP</b> Scalloped Potatoes Mixed Vegetables Orange Wedges Whole Wheat Bread	<b>25</b> <b>BBQ CHICKEN</b> Baked Beans Carrots Cantaloupe Whole Wheat Bread	<b>26</b> <b>CLOSED for THANKSGIVING</b>	<b>27</b> <b>CLOSED for THANKSGIVING</b>
<b>30</b> <b>CHICKEN STIR FRY</b> Steamed Brown Rice Broccoli Florets Apricots 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. Second servings of vegetables may be available upon request. All pasta used is whole wheat. All bread is whole wheat or whole grain.			



# 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



DECEMBER 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>CHICKEN MARENGO</b>  Confetti Rice Green Beans Honeydew Whole Wheat Bread	<b>2</b> <b>HOT TURKEY SANDWICH</b>  Garlic Mashed Brussels Sprouts Peaches Whole Wheat Bread	<b>3</b> <b>MACARONI &amp; CHEESE</b>  Whole Wheat Pasta Spinach Mandarin Oranges Bran Muffin	<b>4</b> <b>CURRIED BEEF</b>  Brown Rice Pilaf Peas & Carrots Pineapple Whole Wheat Bread
	<b>7</b> <b>STUFFED BELL PEPPER*</b>  Lentil Salad Ginger Carrots Tangerine Garlic Bread	<b>8</b> <b>BAKED HAM* with APRICOT GLAZE</b>  Mashed Yams Green Beans Honeydew Whole Wheat Bread	<b>9</b> <b>CHICKEN POT PIE</b>  Broccoli Strawberries Whole Wheat Bread	<b>10</b> <b>KRABBY CAKES</b>  Red Bean Salad Dill Carrots Orange Wedges Whole Wheat Bread
<b>14</b> <b>BEEF STROGANOFF</b>  Whole Wheat Egg Noodles Mixed Vegetables Mandarin Oranges Whole Wheat Bread	<b>15</b> <b>ROAST TURKEY CRANBERRY</b>  Mashed Potatoes Green Beans Pears Whole Wheat Bread	<b>16</b> <b>PORK VERDE</b>  Spanish Rice Broccoli Fruit Cocktail Whole Wheat Tortilla	<b>17</b> <b>Holiday Lunch</b> <b>ROAST PORK LOIN</b>  Garlic Mashed Broccoli with Pimentos Orange Wedges Whole Wheat Roll	<b>18</b> <b>BAKED COD with LEMON GLAZE</b>  Rice Pilaff Spinach Apricots Whole Wheat Bread
<b>21</b> <b>FRENCH TOAST</b>  Scrambled Eggs Sausage V-8 Juice Banana	<b>22</b> <b>CHEESE BURGER*</b>  Lettuce/Tomato Baked Beans Coleslaw Fruit Cocktail Whole Wheat Bun	<b>23</b> <b>HAWAIIAN FARMER SANDWICH</b>  Pea Salad Cantaloupe Whole Wheat Bread	<b>24</b> <b>CLOSED for CHRISTMAS HOLIDAY</b>	<b>25</b> <b>CLOSED for CHRISTMAS HOLIDAY</b>
<b>28</b> <b>VEGETABLE EGG ROLL*</b>  Fried Rice Oriental Mix Veg Mandarin Oranges Whole Wheat Bread	<b>29</b> <b>BAKED HAM with RAISIN SAUCE</b>  Mashed Potatoes Carrots Apple Sauce Whole Wheat Bread	<b>30</b> <b>MACARONI &amp; CHEESE</b>  Whole Wheat Pasta Spinach Mandarin Oranges Bran Muffin	<b>31</b> <b>New Years Eve</b> <b>CHICKEN CORDON BLEU</b>  Scalloped Potatoes Spinach Mandarin Oranges Whole Wheat Bread	