



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



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DECEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CHICKEN MARENGO Confetti Rice Green Beans Honeydew Whole Wheat Bread	2 HOT TURKEY SANDWICH Garlic Mashed Brussels Sprouts Peaches Whole Wheat Bread	3 MACARONI & CHEESE Whole Wheat Pasta Spinach Mandarin Oranges Bran Muffin	4 CURRIED BEEF Brown Rice Pilaf Peas & Carrots Pineapple Whole Wheat Bread
7 STUFFED BELL PEPPER* Lentil Salad Ginger Carrots Tangerine Garlic Bread	8 BAKED HAM* with APRICOT GLAZE Mashed Yams Green Beans Honeydew Whole Wheat Bread	9 CHICKEN POT PIE Broccoli Strawberries Whole Wheat Bread	10 KRABBY CAKES Red Bean Salad Dill Carrots Orange Wedges Whole Wheat Bread	11 CHICKEN CACCIATORE Wheat Pasta Spinach Pears Whole Wheat Bread
14 BEEF STROGANOFF Whole Wheat Egg Noodles Mixed Vegetables Mandarin Oranges Whole Wheat Bread	15 ROAST TURKEY CRANBERRY Mashed Potatoes Green Beans Pears Whole Wheat Bread	16 PORK VERDE Spanish Rice Broccoli Fruit Cocktail Whole Wheat Tortilla	17 Holiday Lunch ROAST PORK LOIN Garlic Mashed Broccoli with Pimentos Orange Wedges Whole Wheat Roll	18 BAKED COD with LEMON GLAZE Rice Pilaff Spinach Apricots Whole Wheat Bread
21 FRENCH TOAST Scrambled Eggs Sausage V-8 Juice Banana	22 CHEESE BURGER* Lettuce/Tomato Baked Beans Coleslaw Fruit Cocktail Whole Wheat Bun	23 HAWAIIAN FARMER SANDWICH Pea Salad Cantaloupe Whole Wheat Bread	24 CLOSED for CHRISTMAS HOLIDAY	25 CLOSED for CHRISTMAS HOLIDAY
28 VEGETABLE EGG ROLL* Fried Rice Oriental Mix Veg Mandarin Oranges Whole Wheat Bread	29 BAKED HAM with RAISIN SAUCE Mashed Potatoes Carrots Apple Sauce Whole Wheat Bread	30 MACARONI & CHEESE Whole Wheat Pasta Spinach Mandarin Oranges Bran Muffin	31 New Years Eve CHICKEN CORDON BLEU Scalloped Potatoes Spinach Mandarin Oranges Whole Wheat Bread	