



# April Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> <b>SPAGHETTI &amp; MEATBALLS</b> Yellow Squash Applesauce Garlic Bread</p>	<p><b>2</b> <b>CHICKEN MARENGO</b> Green Beans Honeydew Whole Wheat Roll</p>	<p><b>3</b> <b>MEATLOAF with GRAVY</b> Whipped Potatoes Peas with Pimentos Apple Whole Wheat Roll</p>	<p><b>4</b> <b>CHICKEN with ORANGE SAUCE</b> Broccoli Pineapple Whole Wheat Roll</p>	 <p><b>5</b> <b>SF GIANTS OPENING DAY BALL PARK DOGS</b> Garlic Parsley Fries Pimento Corn Pears Whole Wheat Bun</p>
<p><b>8</b> <b>CHILI RELLENO CASSEROLE*</b> Green Beans Apricots Whole Wheat Tortilla</p>	<p><b>9</b> <b>SAVORY BAKED CHICKEN</b> Rice Pilaf Broccoli Mandarin Orange Whole Wheat Roll</p>	<p><b>10</b> <b>CHICKEN CACCIATORE</b> Green Beans Mandarin Orange Whole Wheat Roll</p>	<p><b>11</b> <b>TURKEY SANDWICH</b> Lettuce &amp; Tomato Macaroni Salad Mixed Fruit Whole Wheat Bun</p>	<p><b>12</b> <b>BAKED BASS</b> Red potatoes Zucchini Mandarin Oranges Whole Wheat Roll</p>
<p><b>15</b> <b>CHEESE RAVIOLI with MARINARA</b> Italian Green Beans Mandarin Oranges Garlic Bread</p>	<p><b>16</b> <b>CACCIATORE CHICKEN</b> Green Bean Mandarin Oranges Whole Wheat Bread</p>	<p><b>17</b> <b>PEPPERONI PIZZA</b> Italian Mixed Veggie Pineapple Whole Wheat Roll</p>	<p><b>18</b> <b>SALISBURY STEAK with GRAVY</b> Mashed Yams Spinach Mixed fruit Whole Wheat Roll</p>	<p><b>19</b> <b>TUNA NOODLE CASSEROLE</b> Carrots Cantaloupe Whole Wheat Roll</p>
<p><b>22</b> <b>CHINESE CHICKEN SALAD</b> Cabbage and Carrots Pineapple Whole Wheat Roll</p>	<p><b>23</b> <b>BBQ PULLED PORK SANDWICH</b> Potato Salad Spinach Mandarin Orange Whole Wheat Bun</p>	<p><b>24</b> <b>LAMB with MINT SAUCE</b> Mashed potatoes Carrots Bananas Whole Wheat Roll</p>	<p><b>25</b> <b>CHICKEN APRICOT GLAZE</b> Brown Rice Broccoli Fruit Cocktail Whole Wheat Bread</p>	<p><b>26</b> <b>CAJUN TILAPIA</b> Scalloped Potatoes Mixed Vegetables Peaches Whole Wheat Roll</p>
<p><b>29</b> <b>MEAT LASAGNA</b> Mixed Greens Italian Mixed Veggies Orange Garlic Bread</p>	<p><b>30</b> <b>STUFFED BELL PEPPER *</b> Ginger Carrots Oranges Whole Wheat Roll</p>	<p>The City of Pacifica Senior Nutrition Programs are made possible through a grant awarded by San Mateo County for individuals over the age of 60. Our delicious, healthy, and fresh lunches are prepared daily by our full-time chef. Food substitutions may be necessary. Lunch is served at 12:00pm. The suggested contribution is \$4.00 per meal and \$4.50 for Meals on Wheels. A meal will not be denied to any senior unable to give a contribution. Guests under 60 years old must pay a mandatory fee of \$5.00 per meal. Second servings of vegetables may be available upon request. All pasta used is whole wheat. All bread is whole wheat or whole grain. 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.</p>		



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		<p><b>1</b> <b>COQ AU VIN</b> Rice Pilaf Broccoli Mandarin Orange Whole Wheat Bread</p>	<p><b>2</b> <b>CINCO DE MAYO</b> <b>FIESTA</b> <b>ENCHILADA</b> <b>CASSEROLE</b> Spanish Rice Chipotle Coleslaw Tropical Fruit Whole Wheat Tortilla</p>	<p><b>3</b> <b>MEATLOAF with</b> <b>GRAVY</b> Whipped Potatoes Peas with Pimentos Peaches Whole Wheat Roll</p>
		<p><b>6</b> <b>QUICHE</b> <b>LORRAINE</b> Peas &amp; Carrots Mandarin Orange Whole Wheat Roll</p>	<p><b>7</b> <b>BBQ CHICKEN</b> Baked Beans Cole Slaw Pears Corn Bread</p>	<p><b>8</b> <b>PORK LOIN with</b> <b>SPANISH SAUCE</b> Scalloped Potatoes Brussels sprouts Apple sauce Whole Wheat Roll</p>
<p><b>13</b> <b>CABBAGE ROLL</b> Mashed Potatoes Mixed Vegetables Peaches Whole Wheat Roll</p>	<p><b>14</b> <b>SPAGHETTI &amp; MEAT</b> <b>SAUCE</b> Broccoli Fruit Cocktail Garlic Bread</p>	<p><b>15</b> <b>CHINESE</b> <b>CHICKEN SALAD</b> Green Beans Tangerine Whole Wheat Roll</p>	<p><b>16</b> <b>SPINACH</b> <b>MUSHROOM</b> <b>FRITTATA with</b> <b>MARINARA SAUCE</b> Broccoli Pears Whole Wheat Roll</p>	<p><b>17</b> <b>BAKED COD with</b> <b>LEMON DILL</b> Steamed potatoes Spinach Orange Whole Wheat Roll</p>
<p><b>20</b> <b>CHEESE</b> <b>TORTELLINI with</b> <b>PESTO</b> Cauliflower Peaches Garlic Bread</p>	<p><b>21</b> <b>CHICKEN SALAD</b> <b>WRAP</b> Carrot Raisin Salad Orange Wedges Whole Wheat Tortilla</p>	<p><b>22</b> <b>HUNGARIAN</b> <b>BEEF GOULASH</b> Harvard beets Grapes Whole Wheat Roll</p>	<p><b>23</b> <b>SAUSAGE &amp;</b> <b>SPINACH STRATA</b> Broccoli salad Peaches Whole wheat Roll</p>	<p><b>24</b> <b>CRAB CAKE</b> Carrot Raisin Salad Spinach Fruit Cocktail Whole Wheat Bread</p>
<p><b>27</b> <b>CLOSED FOR</b> <b>MEMORIAL</b> <b>DAY</b></p>	<p><b>28</b> <b>BEEF</b> <b>BOURGUIGNON</b> Whole Wheat Noodles Cauliflower Tangerine Whole Wheat Bread</p>	<p><b>29</b> <b>BEAN BURRITO</b> <b>with ENCHILADA</b> <b>SAUCE</b> Mixed Vegetables Pineapple Whole Wheat Tortilla</p>	<p><b>30</b> <b>SHEPARD'S PIE</b> Broccoli Honeydew Whole Wheat Roll</p>	<p><b>31</b> <b>SOY GLAZED</b> <b>TILAPIA</b> Steamed Potatoes Green Beans Whole Wheat Roll</p>

## June Lunch Menu

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<p>The City of Pacifica Senior Nutrition Programs are made possible through a grant awarded by San Mateo County for individuals over the age of 60. Our delicious, healthy, and fresh lunches are prepared daily by our full-time chef. Food substitutions may be necessary. Lunch is served at 12:00pm. The suggested contribution is \$4.00 per meal and \$4.50 for Meals on Wheels. A meal will not be denied to any senior unable to give a contribution. Guests under 60 years old must pay a mandatory fee of \$5.00 per meal. Second servings of vegetables may be available upon request. All pasta used is whole wheat. All bread is whole wheat or whole grain.</p> <p>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.</p> 				
<p><b>3</b> <b>CHICKEN ADOBO</b> Rice Broccoli Pears Whole Wheat Roll</p>	<p><b>4</b> <b>SHRIMP CEVICHE SALAD</b> Tortilla Chips Cabbage Salad Pineapple Whole Wheat Roll</p>	<p><b>5</b> <b>SWEDISH MEATBALLS</b> Egg Noodles Spinach Apples Whole Wheat Roll</p>	<p><b>6</b> <b>CHILI BAKED POTATO</b> Minestrone Soup Fruit Cocktail Bread Pudding with Strawberry Topping</p>	<p><b>7</b> <b>GRILLED CRAB SANDWICH</b> Mixed Vegetables Green Salad Orange Whole Wheat Bread</p>
<p><b>10</b> <b>VEGETABLE BAKED ZITI CASSEROLE</b> Whole Wheat Pasta Broccoli Canatlope Garlic Bread</p>	<p><b>11</b> <b>SALMON QUICHE</b> Cucumber Salad Dill Carrots Mixed Vegetables Orange Whole Wheat Roll</p>	<p><b>12</b> <b>BBQ CHICKEN</b> Baked Beans Corn Apple Sauce Cornbread</p>	<p> <b>13</b> <b>FATHERS DAY LUNCH</b> <b>SLOPPY JOE</b> Macaroni Salad Fire Roasted Corn Peaches Whole Wheat Bun</p>	<p> <b>14</b> <b>FLAG DAY BBQ PULLED PORK SANDWICH</b> Potato Salad Collard Greens Watermelon Whole Wheat Bun</p>
<p><b>17</b> <b>TURKEY SALAD WRAP</b> Garbanzo Bean Salad Cauliflower Honey Dew Whole Wheat Tortilla</p>	<p><b>18</b> <b>CHICKEN ALFREDO SPAGHETTI</b> Three Bean Salad Spinach Grapes Garlic Bread</p>	<p><b>19</b> <b>CHILI RELLENO</b> Refried Beans Curtido Pineapple Whole Wheat Tortilla</p>	<p> <b>20</b>  <b>SUMMER KICK OFF CHEESEBURGER with LETTUCE &amp; TOMATO</b> Cole Slaw Fruit Cocktail Whole Wheat Bun</p>	<p><b>21</b> <b>TILAPIA with DILL SAUCE</b> Rice Pilaf Mixed Vegetables Orange Whole Wheat Roll</p>
<p><b>24</b> <b>TUNA NOODLE CASSEROLE</b> Broccoli salad Cantaloupe Whole Wheat Roll</p>	<p><b>25</b> <b>PORK VERDE</b> Spanish rice Fiesta corn salad Tropical fruit Whole Wheat Tortilla</p>	<p><b>26</b> <b>PORK EGG ROLL</b> Oriental Mixed Veggies Fried Rice Mandarin Orange Whole Wheat Roll</p>	<p><b>27</b> <b>CHIECKEN MARENGO</b> Confetti Rice Green Beans Grapes Whole Wheat Roll</p>	<p><b>28</b> <b>BAKED COD with CREOLE SAUCE</b> Steamed Potatoes Peas &amp; Carrots Strawberries Whole Wheat Roll</p>