



August Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 & ACTIVITIES ON THE BASIS OF: race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital or family status.</p>			<p>1 CHEESEBURGER* Potato Wedges Carrot & Raisin Salad Watermelon Whole Wheat Bun</p>	<p>2 SWEET and SOUR PORK Steamed Brown Rice Oriental Mix Veg. Fuji Apple Whole Wheat Bread</p>
<p>5 QUICHE LORRAINE Cucumber Salad Peas and Carrots Mandarin Orange Whole Wheat Roll</p>	<p>6 CABBAGE ROLL Scalloped Potatoes Mixed Vegetables Peaches Garlic Bread</p>	<p>7 COUNTRY DAYS PORK LOIN with COUNTRY GRAVY Orange Beets & Carrots Apple Pie Whole Wheat Roll</p> 	<p>8 CHICKEN APPLE SAUSAGE Three Bean Salad Broccoli Cantaloupe Whole Wheat Bun</p>	<p>9 TURKEY AND SWISS WRAP Macaroni Salad Cucumber Salad Mixed Fruit Whole Wheat Tortilla</p>
<p>12 CHINESE CHICKEN SALAD Oriental Veg. Mix Mandarin Orange Whole Wheat Roll</p> 	<p>13 PORK VERDE Refried beans Herbed Corn and Carrots Apricots Whole Wheat Tortilla</p>	<p>14 SPAGHETTI & MEATBALLS Mixed Vegetables Grapes Garlic Bread</p>	<p>15 GRILLED CHICKEN SANDWICH Lettuce and Tomato Dilled Carrots Wild Rice Salad Pears</p>	<p>16 GRILLED TILAPIA with DILL SAUCE Brown Rice Pilaf Green Beans Cantaoupe Whole Wheat Roll</p>
<p>19 JUMBO BEEF* HOT DOG Chili Beans Cole Slaw Mixed Fruit Whole Wheat Bun</p>	<p>20 STUFFED BELL PEPPER Carrots Mandarin Oranges Tapioca Pudding Whole Wheat Roll</p>	<p>21 CHICKEN PARMESAN Scalloped Potatoes Spinach Mandarin Orange Garlic Bread</p>	<p>22 HAWAIIAN FARMER SANDWICH Pea Salad Cantaloupe Whole Wheat Bun</p>	<p>23 SPINACH MUSHROOM FRITATTA Three Bean Salad Pineapple Whole Wheat Roll</p>
<p>26 CHICKEN A LA KING Whole Wheat Noodles Broccoli Florets Pears Whole Wheat Roll</p>	<p>27 BEEF TAMALE PIE Pinto Beans Zucchini/ Carrots Cantaloupe Whole Wheat Tortilla</p>	<p>28 BAKED ZITI Orange Beets Applesauce Whole Wheat Roll</p>	<p>29 LABOR DAY BBQ BBQ CHICKEN Baked Beans Coleslaw Salad Tangerines Corn Bread</p> 	<p>30 BREADED COD with LEMON Spinach Apricots Whole Wheat Roll</p>

July Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 SALISBURY STEAK Garlic Potatoes Spinach Tangerine Whole Wheat Bread</p>	<p>2 ROAST TURKEY with CRANBERRY Mashed Potatoes Green Beans Mandarin Oranges Whole Wheat Bread</p>	<p>3 4TH OF JULY LUNCHEON BBQ CHICKEN Coleslaw Salad Strawberries Corn Bread Baked Beans</p>	<p>4 CLOSED in observance of FOURTH OF JULY</p> 	<p>5 SLOPPY JOE* Ranchero Potatoes Peas & Carrots Cantaloupe Hamburger Bun</p>
<p>8 HONEY GARLIC BAKED CHICKEN Mashed Potatoes Mixed Vegetable Apple Whole Wheat Bread</p>	<p>9 GRILLED PORK CHOP Apple Sauce White Beans Broccoli Whole Wheat Bread</p>	<p>10 MACARONI & CHEESE* Spinach Orange Wedges Whole Wheat Bun</p>	<p>11 HOT PASTRAMI SANDWICH Broccoli Bananas Garlic Wheat Bread</p>	<p>12 SHRIMP SALAD with LEMON DILL SAUCE Green Beans Mandarin Orange Whole Wheat Bread</p>
<p>15 JUMBO BEEF* HOT DOG Chili Beans Cole Slaw Mixed Fruit Whole Wheat Bun</p> 	<p>16 CHICKEN CORDON BLEU* Scalloped Potatoes Spinach Peaches Whole Wheat Bread</p>	<p>17 GREEK SALAD Cantaloupe Tapioca Pudding Garlic Bread</p>	<p>18 SPAGHETTI & MEAT SAUCE Broccoli Fruit Cocktail Whole Wheat Bread</p>	<p>19 BEAN BURRITO with CHEESE Carrots & Cauliflower Pineapple Spanish Rice Whole Wheat Tortilla</p>
<p>22 ORANGE BAKED CHICKEN Brown Rice Pilaf Broccoli Florets Pears Whole Wheat Bread</p>	<p>23 CHEF SALAD* Turkey Ham and Cheese Mandarin Oranges Tapioca Pudding Whole Wheat Roll</p>	<p>24 CHEESE TORTELLINI with PESTO SAUCE Cauliflower Romaine Salad Pears Garlic Bread</p>	<p>25 APPLE BUTTER PORK LOIN Mashed Sweet Potatoes Orange Beets Mandarin Oranges Whole Wheat Bread</p>	<p>26 BAKED COD with LEMON DILL SAUCE Steam Brown Rice Peas & Pimento Pineapple Whole Wheat Bread</p>
<p>29 PEPPERONI PIZZA with WHOLE WHEAT CRUST Italian Mix Vegetable Tangerines Chocolate Pudding</p>	<p>30 PRUNE & OLIVE CHICKEN Spanish Rice Broccoli Apricots Whole Wheat Roll</p>	<p>31 HOT ROAST BEEF SANDWICH Three Bean Salad Glazed Carrots Honeydew Whole Wheat Bread</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.</p> <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.</p>	