NOVEMBER 2024

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This organization is an equal opportunity provider. Meals are provided with funding made possible from San Diego County through our partnership with Meals on Wheels San Diego.				**1** Chicken Cordon Blue Brown Rice California Blend Veggies Corn Whole Grain Dinner Roll Fresh Fruit
4 Macaroni & Meat Casserole Succotash Broccoli Whole Grain Dinner Roll Fresh Fruit	**5** Chicken Fettuccine Alfredo Sauce Peas Carrots Whole Grain Dinner Roll Fresh Fruit	**6** Beef Burgundy Mashed Potatoes Carrots Whole Grain Dinner Roll Fresh Fruit	**7** Swiss Steak w/ Gravy Sweet Potato Collard Greens Whole Grain Dinner Roll Fresh Fruit	**8** Cheese Cannelloni Kidney Beans Italian Green Beans Whole Grain Dinner Roll Fresh Fruit
11 Pasta Shells & Meat Sauce Italian Blend Vegetables Corn Whole Grain Dinner Roll Fresh Fruit	**12** Teriyaki Chicken Brown Rice Peas Creamed Corn Whole Grain Dinner Roll Fresh Fruit	**13** Spaghetti & Meat Sauce Peas Asian Blend Vegetables Whole Grain Dinner Roll Fresh Fruit	**14** Chicken Fettuccine Alfredo Sauce Peas Carrots Whole Grain Dinner Roll Fresh Fruit	**15** Beef Burgundy Mashed Potatoes Carrots Whole Grain Dinner Roll Fresh Fruit
18 Swiss Steak w/ Gravy Sweet Potato Collard Greens Whole Grain Dinner Roll Fresh Fruit	**19** Pasta Shells & Meat Sauce Italian Blend Vegetables Corn Whole Grain Dinner Roll Fresh Fruit	**20** Sweet & Sour Chicken Brown Rice Asian Blend Vegetables Peas Whole Grain Dinner Roll Fresh Fruit	**21** Chicken Cordon Blue Brown Rice California Blend Veggies Corn Whole Grain Dinner Roll Fresh Fruit	**22** Beef Burgundy Mashed Potatoes Carrots Whole Grain Dinner Roll Fresh Fruit
25 Chicken Chow Mein Brown Rice Asian Blend Vegetables Corn Whole Grain Dinner Roll Fresh Fruit	**26** Turkey & Gravy Spinach Mashed Potatoes Whole Grain Dinner Roll Fresh Fruit	**27** Beef Burgundy Mashed Potatoes Carrots Whole Grain Dinner Roll Fresh Fruit	**28** Center is Closed Happy Thanksgiving	**29** Center is Closed After Thanksgiving

Each entrée includes a minimum of two (2) oz. meat/meat alternative; ½ cup of fruits, ½ cup of vegetables (fresh and/or canned); two (2) oz. of whole grain rich bread/pasta/rice. Eight (8) oz. of 1% milk (or enriched soy milk that meets USDA nutrition standard for milk substitute) is served with each meal. This menu, as written, is suitable for regular, sodium-restricted and consistent carbohydrate (diabetic) diets.

DIORELLA GATCHALIAN, R.D. | DIETITIAN

GEORGE G. GLENNER
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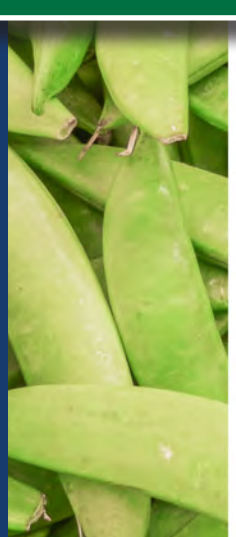
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