

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Chicken Coq au Vin Mixed Rice Italian Blend Lentil Stew Pineapple <b>Nutrition Council</b> <b>10:15am</b></p>	<p><b>2</b> Beef Casserole Broccoli Normandy Chickpeas Whole Grain Pasta Apple  <b>Bingo!</b></p>	<p><b>3</b> Beef Burgundy Parsley Potatoes Carrots Whole Wheat Bread Mandarin  <b>OR Soup &amp; Salad*</b></p>	<p><b>4</b> Chicken Florentine Manhattan Blend Penne Pasta Pineapple</p>	<p><b>5</b> Vegetarian Chili (w/ Beans, Zucchini &amp; Peppers) Mixed Rice Broccoli Salad Banana</p>
<p><b>8</b> Curry Chicken (w/ Peppers, Tomatoes) Herbed Potatoes Chickpea Stew Whole Wheat Bread Apple</p>	<p><b>9</b> Cheese Ravioli Bolognese Sauce Lentil Stew Carrot Salad Whole Wheat Bread Mandarin  <b>Bingo!</b></p>	<p><b>10</b> Chicken Adobo Whole Grain Pasta Curry Chickpeas Broccoli Banana  <b>OR Soup &amp; Salad*</b></p>	<p><b>11</b> Open-Faced Cubano Sandwich Whole Wheat Roll Thinly Sliced Roast Pork w/ Swiss Cheese Herb Roasted Potatoes Coleslaw Apple</p>	<p><b>12</b> Thai Fish Curry Mixed Rice Normandy Blend Pineapple</p>
<p><b>15</b> Beef Stroganoff Whole Grain Pasta Italian Blend Orange</p>	<p><b>16</b> Meatloaf (Beef/Pork) Roast Potatoes Mixed Vegetables Whole Wheat Bread Orange  <b>Bingo!</b></p>	<p><b>17</b> Swedish Meatballs (Beef/Chicken) Sweet Potatoes Whole Grain Pasta Lentils Pineapple  <b>OR Soup &amp; Salad*</b></p>	<p><b>18</b> Caribbean Jerk Chicken Slider Whole Wheat Roll (w/ Coleslaw Garnish) Corn w/ Red Pepper Mixed Rice Orange</p>	<p><b>19</b> <b>FATHERS DAY -</b> <b>JUNETEENTH</b> <b>Hamburger</b> White Wheat Burger Bun Sautéed Onions Potato Salad Spring Mix w/ Vinaigrette Watermelon</p>
<p><b>22</b> Chicken Fricassee (w/ Red Pepper) Mixed Rice Stir Fried Blend Pineapple</p>	<p><b>23</b> Salisbury Steak (Beef/Pork) Mashed Potatoes Brown Gravy Peas &amp; Carrots Whole Wheat Bread Banana  <b>Bingo!</b></p>	<p><b>24</b> Chicken Romesco Red Pepper Tomato Sauce Whole Grain Pasta Black Beans Manhattan Blend Orange  <b>OR Soup &amp; Salad*</b></p>	<p><b>25</b> Pasta Puttanesca Whole Grain Pasta Spinach w/ Garlic Chickpea Tomato Stew Mandarin  <b>B-day &amp; Anniversary</b> <b>Celebration</b></p>	<p><b>26</b> <b>Southwest</b> <b>Chicken Salad</b> Spring Mix, Black Beans, Corn, Red Peppers, Cucumbers, Tomatoes, Cilantro Ranch Dressing Whole Wheat Bread Watermelon</p>
<p><b>29</b> Pork Pozole (w/ Shredded Cabbage, Cilantro, Radish) Black Beans Mixed Rice Marinated Carrot Salad Pineapple</p>	<p><b>30</b> Meat &amp; Cheese Lasagna Spinach Spring Mix Vinaigrette Honey Wheat Roll Fruit Cocktail <b>Bingo!</b></p>	<p><b>\$4 suggested</b> <b>contribution for guests</b> <b>ages 60 and over.</b> <b>\$8 cost for 59 and</b> <b>younger.</b></p>	<p> <b>No eligible person shall</b> <b>be denied a meal for</b> <b>choosing not to</b> <b>contribute.</b></p>	<p><b>MENU LEGEND:</b> <b>Denotes Meal ≥ 1000</b> <b>mg Sodium</b>  <b>Menu Subject to</b> <b>Change</b>  <b>1% Milk Served Daily</b></p>

This program is supported by Older American Act Funds awarded by the County of San Diego Aging and Independence Services & the City of Vista.

**Lunch is served Monday-Friday at 12:00pm**

Reservations required 1 business day in advance by 1pm, and at least one week in advance for special events.

**Call 760-643-5288 to make or cancel lunch reservation.**

**\*For Wednesdays, indicate Main Meal or Soup & Salad when you RSVP.**

**\*\* Salad Bar Reservations can be made only one week in advance\*\***