The Senior Nutrition Program is funded by the County of San Diego and the City of San Marcos.

NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pork Pozole Zucchini & Corn w/ Red Peppers Pinto Beans Mexican Rice Pineapple	**3** Beef Stew Parsley Potatoes Broccoli WW Bread Mandarin	**4** Chicken Creole Italian Vegetables Pasta Pineapple	**5** Chili Con Carne Collard Greens Mixed Rice Banana	**6** Black Bean & Rice Casserole w/ zucchini Sweet Potato Corn Tortilla Orange
9 Chicken Florentine Spinach w/ red bell peppers Italian Lentils Penne Pasta Pineapple	**10** Hamburger w/ Sauteed Onions Potato Salad Coleslaw White Wheat Bun Orange	**11** CLOSED Veterans Day	**12** Cheese Manicotti w/ Meat Sauce Broccoli Green Peas WG Bread Mandarin	**13** Mongolian Meatballs (Beef/ chicken) w/ gravy Carrots Pasta Orange
16 Turkey à la King (ground turkey) Broccoli Butter Pasta Peaches	**17** Salisbury Steak (Beef/pork) Mashed Potatoes Peas & Carrots WW Bread Pineapple	**18** Open-Faced Cubano Sandwich w/ Swiss Cheese Sweet Potatoes Cabbage Salad WW Roll Orange	**19** Curry Tilapia Broccoli Coconut Mixed Rice Applesauce	**20** Green Goddess Chicken Salad Spring Mix (cabbage, cucumbers, tomatoes) Provencal Chickpeas Pasta Banana
23 Margarita Chicken Spinach & Red Peppers Lentils WG Pasta Pineapple	**24** Hamburger w/ Sauteed Onions Potato Salad Coleslaw White Wheat Bun Apple	**25** Roast Turkey w/ Brown Gravy Green Beans Sweet Potatoes Bread Stuffing Cranberry Sauce Orange	**26** CLOSED	**27** CLOSED
30 Italian Sausage Lentil Soup Manhattan Blend vegetables Broccoli WW Bread Mandarin				

Happy Thanksgiving

Alternative meal choice: Soup and Salad Bar

WW = Whole Wheat
WG = Whole Grain

Musical Entertainment

Vegetarian

Meal contains 1,000+ mg of sodium

1% milk is served daily