



County Dinner Menu - October 2025

The suggested contribution for each meal is \$3.00. Your contribution is purely voluntary and confidential. You will not be denied a meal if you choose not to contribute. This nutrition program is supported in part by the County of San Diego, Aging & Independent Services.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	*We will be closed on Indigenous Peoples' Day (Monday, October 13th). Meals typically delivered on that day will be delivered ahead of the holiday.	Bruschetta Chicken Whole Grain Au Gratin Rotini Green Beans Diced Peaches	Tilapia Vera Cruz over Brown Rice Pilaf Green Peas Glazed Carrots Pineapple Tidbits Margarine	Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Mixed Fruit	Creamy Paprika Chicken Orzo with Asparagus Yellow Squash Whole Wheat Roll Fresh Orange	Sloppy Joe Roasted Diced Potatoes Capri Vegetable Blend Whole Wheat Hamburger Bun Diced Peaches
Curry Chicken Breast Coconut Brown Rice Green Peas Cauliflower Fresh Apple	Potato Crusted Pollock Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine Tartar Sauce	Sofrito Meatballs Whipped Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Margarine	Chicken Alfredo over Whole Grain Penne Ratatouille Broccoli Florets Fresh Pear	Beef Patty Tater Tots Dilled Carrots Whole Wheat Hamburger Bun Pineapple Tidbits Ketchup Mustard	Pineapple Glazed Turkey Ham Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Bread Diced Peaches Margarine	Chicken Al Pastor Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange
*Indigenous Peoples' Day 	Szechuan Pork Brown Rice Baby Carrots Broccoli Florets Mixed Fruit	Cheese Enchiladas Enchilada Sauce Pinto Beans Fiesta Vegetable Blend Pineapple Tidbits	Beer Battered Cod Cilantro Lime Rice Southwest Corn Fresh Orange	Sloppy Joe Tater Tots Green Beans Whole Grain Hamburger Bun Fresh Pear Ketchup	Honey Ginger Glazed Chicken Confetti Brown Rice Brussels Sprouts Raisins	Swedish Meatballs Whole Grain Penne Pasta Green Peas Sliced Carrots Applesauce
Chicken Parmesan Whole Grain Penne Pasta Tuscany Vegetable Blend Applesauce 	Whole Grain Shrimp Jambalaya Corn Casserole Green Beans Fresh Orange	Honey Balsamic Chicken Breast Whole Wheat Seasoned Couscous Broccoli Florets Fresh Pear	Apricot Mustard Pork Confetti Brown Rice Sliced Carrots Mixed Fruit	WG Bean & Cheese Burrito Enchilada Sauce Black Beans Fajita Vegetable Blend Tropical Fruit	Coconut Curry Chicken Brown Rice Green Peas Cauliflower Fresh Orange	Salisbury Steak with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine
Chicken Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Pineapple Tidbits	Pork Carnitas Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fresh Apple	Turkey a la King Whole Grain Egg Noodles Glazed Carrots Fresh Orange	Salmon Patty Dill Sauce Garlic Parmesan Brown Rice Broccoli Florets Fresh Pear	Hungarian Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Mixed Fruit Margarine	*Holiday Meal: BBQ Chicken Drumsticks WG Macaroni & Cheese Seasoned Collard Greens Fresh Apple	Beverage Choice: Milk or Juice Menu subject to change  Denotes Sodium ≥ 1000 mg