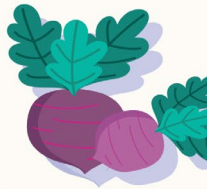




County Dinner Menu - November 2025

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
Beverage Choice: Milk or Juice Menu subject to change  Denotes Sodium ≥ 1000 mg					¹ Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Raisins	² Turkey Breast with Gravy Roasted Sweet Potatoes Green Peas Whole Wheat Roll Applesauce Margarine
³ Italian Beef & Turkey Whole Grain Penne Bake Broccoli Florets Whole Grain Garlic Breadstick Fresh Orange Margarine	⁴ Potato Crusted Pollock WG Macaroni & Cheese California Vegetable Blend Fresh Apple Tartar Sauce	⁵ Sofrito Chicken Brown Rice Black Beans Corn w/Tomatoes & Green Chiles Mixed Fruit	⁶ Pork with Onion Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Tropical Fruit Margarine	⁷ Hamburger Patty Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	⁸ Whole Grain Turkey Tetrazzini Green Peas Sliced Carrots Pineapple Tidbits	⁹ Baked Chicken Breast Roasted Garlic Marsala Sauce Whole Grain Penne Pasta Brussels Sprouts Cauliflower Fresh Pear
¹⁰ Meatloaf with Gravy Mashed Potatoes Glazed Carrots Whole Wheat Bread Fresh Orange Margarine	¹¹ Apple Cider Mustard Glazed Pork Roasted Sweet Potatoes Broccoli Florets Whole Wheat Roll Fresh Pear	¹² Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans Calabacitas Fresh Apple	¹³ Potato Crusted Pollock Scalloped Potatoes Green Peas Whole Wheat Roll Diced Peaches Margarine Tartar Sauce	¹⁴ Turkey Breast with Gravy WG Macaroni & Cheese California Vegetable Blend Raisins	¹⁵ Jamaican Jerk Chicken Brown Rice Plantains Broccoli Florets Tropical Fruit	¹⁶ Sweet & Sour Meatballs Whole Grain Penne Pasta Whole Kernel Corn Green Beans Mixed Fruit
¹⁷ Chicken Fried Rice Japanese Vegetable Blend Cabbage Mixed Fruit Fortune Cookie	¹⁸ Baked Flounder Ginger Scallion Sauce Garlic Parmesan Brown Rice Glazed Carrots Tropical Fruit	¹⁹ Lemon Scarpariello Chicken Whole Rotini Pasta Tuscany Vegetable Blend Spinach Fresh Pear	²⁰ BBQ Pork Rib Patty Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Fresh Orange 	²¹ Baked Chicken Breast Pumpkin Seed Mole Cilantro Lime Brown Rice Black Beans Applesauce	²² Baked Meatballs Mediterranean Sauce Whole Grain Penne Pasta Northern Beans California Vegetable Blend Diced Pears	²³ Peri Peri Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine
²⁴ BBQ Chicken Drumsticks WG Macaroni & Cheese Seasoned Collard Greens Fresh Apple	²⁵ Szechuan Pork Brown Rice Baby Carrots Broccoli Florets Mixed Fruit	²⁶ Cheese Enchiladas Enchilada Sauce Pinto Beans Fiesta Vegetable Blend Pineapple Tidbits	²⁷ *Holiday Meal: Roasted Turkey Breast w/ Gravy Cornbread Dressing Broccoli Florets Multi-Grain Bread Fruit Pumpkin Pie Margarine & Cranberry Sauce	²⁸ Sloppy Joe Tater Tot Green Beans Whole Grain Hamburger Bun Fresh Pear Ketchup	²⁹ Honey Ginger Glazed Chicken Confetti Brown Rice Brussels Sprouts Raisins	³⁰ Swedish Meatballs Whole Grain Penne Pasta Green Peas Sliced Carrots Applesauce