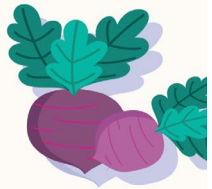






# County Dinner Menu - November 2025

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