




Congregate meals are sponsored by The Older American's Act Funds & awarded by the County of San Diego through Aging and Independence Services. Meals are provided by Jewish Family Service of San Diego.

June 2026



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Asian Carrot Salad 1 Beef & Broccoli Stir Fry Brown Rice Garlic Green Beans Mango 490 mg sodium	Broccoli Slaw 2 Sweet Potato Chili Quinoa Roasted Yellow Squash Applesauce 420 mg sodium	Beet Salad 3 Chicken Cacciatore Whole Wheat Spaghetti California Mix Veggies Fresh Pear 580 mg sodium	Kidney Bean Salad 4 Turkey Patty Mashed Potatoes Parsley Carrots Whole Wheat Roll Orange 590 mg sodium	Tomato Cucumber Salad 5 Fish with Tomatillo Sauce Cilantro Brown Rice Pinto Beans Kiwi 570 mg sodium
Coleslaw 8 Adobo Chicken Cilantro Brown Rice Roasted Zucchini Watermelon 660 mg sodium 	Red Cabbage Salad 9 Tuna Patty Quinoa, Kale, Edamame Sauteed Spinach Banana 470 mg sodium	Black Bean Salad 10 Beef Fajitas Spanish Brown Rice Corn Cantaloupe 490 mg sodium	Beet Salad 11 Red Lentil Dal Coconut Brown Rice Broccoli Apple 540 mg sodium	Broccoli Slaw 12 Turkey Chili Cilantro Lime Quinoa Sweet Potato Pineapple 380 mg sodium
Balela (Chickpea) Salad 15 Cheese Tortellini with Pesto Sauce Roasted Cauliflower Whole Wheat Roll Apricots 720 mg sodium 	Edamame Salad 16 Cashew Chicken Brown Rice Steamed Bok Choy Mango 510 mg sodium	Citrus Salad 17 Panko Crusted Fish Brown Rice Pilaf Roasted Carrots Banana 330 mg sodium	Bell Pepper Salad 18 Beef Shepherd's Pie Peas Whole Wheat Roll Peaches 500 mg sodium	~Juneteenth~ The LGBT Center & Bay-side Community Center Closed for Congregate
Asian Slaw 22 Sesame Ginger Fish Brown Rice Edamame Asian Pear 490 mg sodium	Green Pea Salad 23 Turkey Italian Meatballs Whole Wheat Spaghetti Italian Mix Veggies Fresh Summer Berries 430 mg sodium	Tabbouleh Salad 24 Kidney Bean Curry Quinoa Roasted Cauliflower Nectarine 440 mg sodium	Spinach Salad 25 Mediterranean Chicken Patty with Tahini Sauce Lemon Herb Couscous California Mix Veggies Grapes 330 mg sodium	Carrot Salad 26 Beef Stroganoff WW Egg Noodles Brussels Sprouts Peaches 390 mg sodium
WW Macaroni Salad 29 Herb Chicken Mashed Potatoes Broccoli Applesauce 550 mg sodium	Broccoli Salad 30 Beef Tagine Whole Wheat Couscous Roasted Carrots Apple 390 mg sodium		Foodmobile Office Hours 8:00 am –4:00 pm Mon-Fri Except holidays (858) 637-3230	1% milk served daily with meals Meal sodium total includes all food & beverage provided  = meal >600mg sodium