





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

JULY 2026



Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 	<p>1% milk served daily with meals. Meal sodium total includes all food & beverage provided</p>  <p>= meal >600mg sodium</p>	<p>Red Cabbage Salad 1 Tuna Noodle Casserole Green Beans Apple</p> <p>420 mg sodium</p>	<p>Black Eyed Pea Salad 2 BBQ Chicken Mashed Potatoes Broccoli WW Roll Peaches</p> <p>680 mg sodium</p>	
<p>Corn Salad 6 Beef Chili (Chili con Carne) Cilantro Brown Rice Mexican Zucchini Fresh Pineapple</p> <p>290 mg sodium</p>	<p>Asian Carrot Salad 7 Teriyaki Chicken Meatballs Brown Rice Stir Fry Veggies Mandarins</p> <p>410 mg sodium</p>	<p>Spinach Salad 8 Turkey Stuffed Pepper Lemon Herb Couscous Parsley Carrots Strawberries</p> <p>380 mg sodium</p>	<p>Balela (Chickpea) Salad 9 Pesto Tilapia Whole Wheat Pasta Roasted Cauliflower Apricots</p> <p>440 mg sodium</p>	<p>Broccoli Salad 10 Lentil Shepherd's Pie Roasted Asparagus Whole Wheat Biscuit Applesauce</p> <p>550 mg sodium</p>
<p>Edamame Salad 13 Sweet & Sour Chicken Brown Rice Bok Choy Strawberries</p> <p>450 mg sodium</p>	<p>Broccoli Slaw 14 Curried Chickpeas with Spinach (Chana Saag) Turmeric Brown Rice Butternut Squash Tropical Fruit</p> <p>410 mg sodium</p>	<p>Quinoa Salad 15 Meatloaf Mashed Potatoes Mixed Vegetables Orange</p> <p>500 mg sodium</p>	<p>Corn Salad 16 Pollo Guisado (Puerto Rican Chicken) Cilantro Brown Rice Black Beans Fresh Berries</p> <p>580 mg sodium</p>	<p>Citrus Salad 17 Cod with Lemon Sauce Farro Sautéed Spinach Apple</p> <p>330 mg sodium</p>
<p>Green Pea Salad 20 Mushroom Ravioli with Vegan Bolognese Broccoli Whole Wheat Roll Honeydew</p> <p>730 mg sodium</p>	<p>Bell Pepper Salad 21 Pineapple Tilapia Quinoa, Kale, Edamame Sesame Ginger Carrots Fresh Peach</p> <p>420 mg sodium</p>	<p>Beet Salad 22 Chicken Shawarma Lemon Herb Couscous Grilled Eggplant, Bell Peppers & Zucchini Cantaloupe</p> <p>480 mg sodium</p>	<p>Asian Carrot Salad 23 Beef Bulgogi Brown Rice Stir Fry Veggies Banana</p> <p>530 mg sodium</p>	<p>Tomato Salad 24 Chicken Fajitas Cilantro Brown Rice Pinto Beans Kiwi</p> <p>500 mg sodium</p>
<p>Coleslaw 27 Chicken Marbella Brown Rice Pilaf Sweet Potato Grapes</p> <p>430 mg sodium</p>	<p>Asian Slaw 28 Turkey Stir Fry Brown Rice Sesame Ginger Carrots Asian Pear</p> <p>590 mg sodium</p>	<p>Black Eyed Pea Salad 29 Balsamic Salmon Lemon Herb Couscous California Mix Veggies Pears</p> <p>450 mg sodium</p>	<p>Broccoli Slaw 30 Black Bean Hash Quinoa Pilaf Roasted Zucchini Nectarine</p> <p>510 mg sodium</p>	<p>WW Macaroni Salad 31 Roast Beef Mashed Potatoes Glazed Carrots Strawberries</p> <p>510 mg sodium</p>

Confirmed reservations are required at least one week in advance. (858) 637-3230 Seating is limited