

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.



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Broccoli Salad 3 Chimichurri Tilapia Cilantro Lime Quinoa Corn Apple 370 mg sodium	Carrot Salad 4 Beef Sloppy Joe WW Bun Brussels Sprouts Peaches 720 mg sodium	Greek Salad 5 Vegetarian Stuffed Pepper Lemon Herb Couscous Roasted Cauliflower Banana 590 mg sodium	Quinoa Salad 6 Turkey Empanada with Chimichurri Sauce California Mix Veggies Tropical Fruit 530 mg sodium	Asian Slaw 7 Kung Pao Chicken Brown Rice Edamame Mandarins 520 mg sodium
Black Bean Salad 10 Beef Picadillo Cilantro Brown Rice Calabacitas (Squash, Tomatoes & Corn) Fresh Pineapple 530 mg sodium	WW Couscous Salad 11 Chicken Pot Pie Roasted Carrots Fresh Berries 470 mg sodium	Beet Salad 12 Turkey Cabbage Rolls Lemon Herb Couscous Peas & Carrots Orange 590 mg sodium	Green Pea Salad 13 Fish Ragu Whole Wheat Pasta Sauteed Kale Cantaloupe 430 mg sodium	Spinach Salad 14 Vegan Domoda (West African Peanut Stew) Bulgur Green Beans Mango 430 mg sodium
Asian Carrot Salad 17 Vietnamese Chicken Curry Brown Rice Bok Choy Orange 530 mg sodium	Cannellini Bean Salad 18 Vegetarian Lasagna Sauteed Spinach Whole Wheat Roll Strawberries 730 mg sodium	Broccoli Salad 19 Beef Swedish Meatballs Mashed Potatoes Scandinavian Veggies WW Roll Applesauce 520 mg sodium	Tomato Salad 20 Chicken Mole Cilantro Brown Rice Mexican Zucchini Fresh Pineapple 470 mg sodium	Bell Pepper Salad 21 Coconut-Crusted Tilapia with Pineapple Sauce Quinoa Pilaf Caribbean Mix Veggies Tropical Fruit 320 mg sodium
Broccoli Slaw 24 Veggie Frittata Lemon Herb Couscous Peas Nectarine 590 mg sodium	Black Eyed Pea Salad 25 Honey Dijon Salmon Brown Rice Pilaf Broccoli Apricots 460 mg sodium	Coleslaw 26 Adobo Chicken Cilantro Brown Rice Roasted Zucchini Watermelon 660 mg sodium	Red Cabbage Salad 27 Beef Goulash WW Egg Noodles Parsley Carrots Banana 320 mg sodium	Beet Salad 28 Chicken Cacciatore Whole Wheat Spaghetti California Mix Veggies Fresh Pear 580 mg sodium
Kidney Bean Salad 31 Turkey & Veggie Skillet Whole Wheat Pasta Roasted Brussels Sprouts Fresh Peach 510 mg sodium	 Jewish Family Service Moving Forward Together	 THE CENTER	 	1% milk served daily with meals Meal sodium total includes all food & beverage provided  = meal >600mg sodium

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