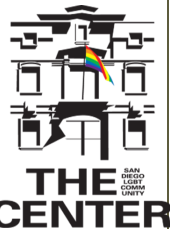


Congregate meals are sponsored by The Older American's Act Funds & awarded by the County of San Diego through Aging and Independence Services. Meals are provided by Jewish Family Service of San Diego.



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
 	Spinach Salad 1 Mediterranean Chicken Patty with Tahini Sauce Lemon Herb Couscous California Mix Veggies Grapes 330 mg sodium	Bell Pepper Salad 2 Citrus Ginger Cod Brown Rice Edamame Fresh Pear 340 mg sodium	Asian Carrot Salad 3 Thai Peanut Tofu Brown Rice Stir Fry Veggies Banana 530 mg sodium	WW Macaroni Salad 4 Salisbury Steak Mashed Potatoes Brussels Sprouts Applesauce 530 mg sodium
WE WILL BE CLOSED ON  LABOR DAY	Balela (Chickpea) Salad 8 Beef Bolognese Whole Wheat Spaghetti Roasted Cauliflower Apricots 430 mg sodium	Cucumber Salad 9 Kidney Bean Curry Roasted Potatoes California Mix Veggies Whole Wheat Pita Bread Watermelon 600 mg sodium	Black Bean Salad 10 Veracruz Tilapia Cilantro Lime Quinoa Calabacitas (Zucchini and Corn) Mango 500 mg sodium	Asian Carrot Salad 11 Teriyaki Chicken Meatballs Brown Rice Broccoli Mandarins 410 mg sodium
Tomato Salad 14 Tuna Patty Lemon Herb Couscous Grilled Summer Veggies Orange 360 mg sodium	Black Eyed Pea Salad 15 Cajun Chicken Whole Wheat Pasta Collard Greens Strawberries 430 mg sodium	Broccoli Slaw 16 Turkey Chili Cilantro Lime Quinoa Sweet Potato Pineapple 380 mg sodium	Red Cabbage Salad 17 Beef Brisket Mashed Potatoes Glazed Carrots Whole Wheat Roll Peaches 450 mg sodium	Asian Cucumber Salad 18 Vegetarian Fried Rice Bok Choy Fresh Pineapple 480 mg sodium
21 CLOSED (Yom Kippur)	Broccoli Salad 22 Greek Chickpeas Whole Wheat Pasta Parsley Carrots Banana 490 mg sodium	Fresh Corn Salad 23 Carne Asada Spanish Brown Rice Roasted Zucchini Kiwi 490 mg sodium	WW Macaroni Salad 24 Herb Chicken Mashed Potatoes Broccoli Applesauce 550 mg sodium	Kidney Bean Salad 25 Garlic & Herb Tilapia Quinoa, Kale, Edamame Sauteed Spinach Strawberries 570 mg sodium
Broccoli Slaw 28 Spinach Quiche Whole Wheat Roll Butternut Squash Nectarine 930 mg sodium 	Citrus Salad 29 Baked Salmon Brown Rice Pilaf Succotash Peaches 250 mg sodium	Edamame Salad 30 Cashew Chicken Brown Rice Bok Choy Mango 510 mg sodium	 	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