

Congregate meals are sponsored by The by 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.



Monday	Tuesday	Wednesday	Thursday	Friday
	1% milk is served daily with meals. Meal sodium total includes all food & beverage provided = meal >600mg sodium		Broccoli Slaw 1 Sweet Potato Chili Quinoa Roasted Yellow Squash Applesauce 420 mg sodium	Bell Pepper Salad 2 Beef Shepherd's Pie Peas Whole Wheat Roll Peaches 500 mg sodium
Tabbouleh Salad 5 Beef Tagine Whole Wheat Couscous California Mix Veggies Banana 320 mg sodium	Broccoli Salad 6 Chicken Paprikash WW Egg Noodles Scandinavian Mix Veg Grapes 410 mg sodium	Asian Slaw 7 Sesame Ginger Fish Brown Rice Edamame Asian Pear 490 mg sodium	Kidney Bean Salad 8 Turkey Patty Mashed Potatoes Parsley Carrots Whole Wheat Roll Orange 590 mg sodium	Turmeric Slaw 9 Red Lentil Dal Coconut Brown Rice Grilled Eggplant, Bell Peppers & Zucchini Apple 570 mg sodium
	Carrot Salad 13 Mushroom Beef Stroganoff WW Egg Noodles Brussels Sprouts Peaches 390 mg sodium	Cannellini Bean Salad 14 Cheese Tortellini with Pesto Sauce Broccolini Whole Wheat Roll Apricots 850 mg sodium	Citrus Salad 15 Panko-Crusted Fish Brown Rice Pilaf Roasted Carrots Banana 330 mg sodium	Tomato Salad 16 Pollo Guisado Cilantro Brown Rice Baked Plantains Fresh Pineapple 410 mg sodium
Red Cabbage Salad 19 Tuna Noodle Casserole Green Beans Apple 420 mg sodium	Cucumber Tomato Salad 20 Chana Saag (Curried Chickpeas with Spinach) Turmeric Brown Rice Potatoes & Cauliflower Mango 600 mg sodium	Bell Pepper Salad 21 Chicken Shawarma Lemon Herb Couscous Butternut Squash Banana 320 mg sodium	Black Bean Salad 22 Beef Fajitas Spanish brown Rice Corn Cantaloupe 490 mg sodium	Asian Carrot Salad 23 Orange Chicken Brown Rice Broccoli Asian Pear 400 mg sodium
Kale Salad 26 Black Bean Hash Quinoa Pilaf Roasted Zucchini Orange 410 mg sodium	Green Pea Salad 27 Turkey Italian Meatballs Whole Wheat Spaghetti Italian Mix Veggies Fresh Berries 430 mg sodium	Asian Carrot Salad 28 Beef & Broccoli Stir Fry Brown Rice Garlic Green Beans Mango 490 mg sodium	Coleslaw 29 Chicken Marbella Brown Rice Pilaf Sweet Potato Grapes 430 mg sodium	Black Eyed Pea Salad 30 Balsamic Salmon Lemon Herb Couscous California Mix Veggies Pears 450 mg sodium

Confirmed reservations are required at least one week in advance, seating is limited. 858 637-3230 press 2.