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.

# 11 November 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Asian Carrot Salad **2**<br>**Vietnamese Chicken Curry**<br>Brown Rice<br>Bok Choy<br>Orange<br>530 mg sodium | Balela (Chickpea) Salad **3**<br>**Pesto Tilapia**<br>Whole Wheat Pasta<br>Roasted Cauliflower<br>Apricots<br>440 mg sodium | Tomato Salad **4**<br>**Chicken Fajitas**<br>Cilantro Brown Rice<br>Pinto Beans<br>Kiwi<br>500 mg sodium | Broccoli Salad **5**<br>**Lentil Shepherd's Pie**<br>Grilled Bell Peppers, Eggplant & Zucchini<br>Whole Wheat Biscuit<br>Applesauce 540 mg sodium | WW Macaroni Salad **6**<br>**Roast Beef**<br>Mashed Potatoes<br>Glazed Carrots<br>Strawberries<br>510 mg sodium |
| Corn Salad **9**<br>**Beef Chili (Chili con Carne)** 290 mg sodium<br>Cilantro Brown Rice<br>Mexican Zucchini<br>Fresh Pineapple | Bell Pepper Salad **10**<br>**Adobo Chicken**<br>Cilantro Brown Rice<br>Chayote<br>Banana<br>520 mg sodium | We will be CLOSED in honor of Veterans Day | Asian Slaw **12**<br>**Turkey Stir Fry**<br>Brown Rice<br>Sesame Ginger Carrots<br>Asian Pear<br>590 mg sodium | Cannellini Bean Salad **13**<br>**Mushroom Ravioli with Vegan Bolognese**<br>Whole Wheat Roll<br>Broccoli<br>Apricots 800 mg sodium |
| WW Macaroni Salad **16**<br>**Chicken Pot Pie**<br>California Mix Veggies<br>Grapes<br>520 mg sodium | Edamame Salad **17**<br>**Beef Bulgogi**<br>Brown Rice<br>Stir Fry Veggies<br>Mango<br>480 mg sodium | Greek Salad **18**<br>**Vegetarian Stuffed Pepper**<br>Lemon Herb Couscous<br>Roasted Cauliflower<br>Banana 590 mg sodium | Broccoli Slaw **19**<br>**Pineapple Tilapia**<br>Quinoa, Kale, Edamame<br>Sweet Potato<br>Tropical Fruit<br>520 mg sodium | Tomato Cucumber Salad **20**<br>**Chicken Mole**<br>Cilantro Brown Rice<br>Baked Plantain<br>Fresh Pineapple<br>500 mg sodium |
| Citrus Salad **23**<br>**Baked Salmon**<br>Lemon Herb Couscous<br>Roasted Root Vegetables<br>Apricots<br>320 mg sodium | Black Bean Salad **24**<br>**Vegetarian Enchiladas**<br>Fiesta Corn<br>Tropical Fruit<br>730 mg sodium | Spinach Salad **25**<br>**Roasted Turkey**<br>Mashed Potatoes<br>Butternut Squash<br>Whole Wheat Roll<br>Orange 480 mg sodium | We will be Closed on Thanksgiving Day | **27**<br>**CLOSED**<br>**(Post-Thanksgiving)** |
| Red Cabbage Salad **30**<br>**Chickpea Pumpkin Stew**<br>Farro<br>Green Beans<br>Fresh Pear<br>500 mg sodium | | Jewish Family Service<br>Moving Forward Together | THE CENTER | 1% milk is served daily with meals. Meal sodium total includes all food & beverage provided<br>= meal >600mg sodium |

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