

Neighborhood House Association

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, Ice Cream, & Milk	Asian Chicken Wrap, Sesame Slaw with Snap Peas, Pineapple, & Milk	BBQ Beef Burger on Wheat Bun, Chopped Salad, Orange, & Milk	Chef's Surprise	Tuna Salad Sandwich, Spring Salad, Orange, & Milk
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Maria's Famous Chili, Whole Wheat Crackers, Bean Salad, Broccoli & Carrot Slaw, Pear Ice Cream, & Milk	Curried Chicken Salad Sandwich, California Salad, Orange, & Milk	Beef Taco Salad, Romaine Lettuce, Beans, Roasted Corn, & Salsa, Tortilla Chips, Apple, & Milk	Sesame Noodles with Chicken & Vegetables, Peaches, & Milk	Chef's Surprise
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Chicken Fajitas, Corn Tortilla, Black Beans, Cilantro Cabbage Salad, Canned Pears, Ice Cream, & Milk	Mediterranean Egg Salad Sandwich, Italian Salad, Orange & Milk	Chef's Surprise	Oven Baked Chicken, Pasta Salad, Carrot & Broccoli Slaw, Pear, & Milk	Sweet Potato & Lentil Soup, Spring Salad, Multi-grain Crostini, Banana, & Milk
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Turkey Cranberry Sandwich, Potato Salad, Orange, & Milk	Rotini alla Bolognese, Caesar Salad, Mango, & Milk	Chicken Gumbo, Brown Rice, Cajun Chilled Black Eyed Peas, Canned Pears, & Milk	Pesto Pasta with Chicken, Turmeric Cauliflower, Orange, & Milk	Bean Taco with Pico de Gallo, Spring Salad, Sliced Apples, & Milk
Monday 31				
Chilled BBQ Chicken Wrap, Whole Wheat Tortilla, Baked Beans, Orange, Ice Cream, & Milk	<u>Donation Amount</u> \$3.00 Congregate Senior (60 years or older) \$5.00 Non-Senior		Senior Nutrition AUGUST 2015	

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This program is supported by the Older Americans Act Funds through San Diego County Aging & Independence Services

No eligible person shall be denied a meal because of failure or inability to contribute.

We do not discriminate because of race, color, sex, handicap, or national origin

