

Neighborhood House Association



	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Donation Amount \$3.00 Congregate Senior (60 years or older) \$5.00 Non-Senior	Grilled Chicken Pasta Salad, Peaches, Sesame Slaw, & Milk	Beef Picadillo, Brown Rice, Whole Wheat Bread, Cumin Carrots, Orange, & Milk	Grilled Burgers, Hotdogs or Ribs Baked Beans, Cobbed Corn, Potato Salad, & Milk	Black Bean Chili, Corn Tortillas, California Salad, Banana, & Milk
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
HOLIDAY	Asian Chicken Wrap, Sesame Slaw with Snap Peas, Pineapple, & Milk	BBQ Beef Burger on Wheat Bun, Chopped Salad, Orange, & Milk	Potato Egg Scramble with Salsa, Corn Tortilla, Black Beans, Mango, & Milk	Tuna Salad Sandwich, Spring Salad, Orange, & Milk
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
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	Swiss Egg Scramble, English Muffin, Spinach-Cranberry Salad, Orange, & Milk
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Chicken Fajitas, Corn Tortilla, Black Beans, Cilantro Cabbage Salad, Canned Pears, Ice Cream, & Milk	Mediterranean Egg Salad Sandwich, Italian Salad, Orange & Milk	Shredded Beef & Egg Burrito, Whole Wheat Tortilla, Roasted Potatoes & Carrots, Canned Pears & Milk	Oven Baked Chicken Strips, Pasta Salad, Carrot & Broccoli Slaw, Pear, & Milk	Sweet Potato & Lentil Soup, Spring Salad, Multi-grain Crostini, Banana, & Milk
Monday 28	Tuesday 29	Wednesday 30	Senior Nutrition S E P T E M B E R 2 0 1 5	
Turkey Cranberry Sandwich, Potato Salad, Orange, & Milk	Rotini Pasta with tomato meat sauce, Caesar Salad, Mango, & Milk	Stewed Chicken over Brown Rice, Cajun Chilled Black Eyed Peas, Canned Pears, & Milk		

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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