



## November Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The City of Pacifica Senior Nutrition Programs are made possible through a grant awarded by San Mateo County for individuals over the age of 60. Our delicious, healthy, and fresh lunches are prepared daily by our full-time chef. Food substitutions may be necessary. Lunch is served at 12:00pm. The suggested contribution is \$4.00 per meal and \$4.50 for Meals on Wheels. A meal will not be denied to any senior unable to give a contribution. Guests under 60 years old must pay a mandatory fee of \$5.00 per meal. Second servings of vegetables may be available upon request. All pasta used is whole wheat. All bread is whole wheat or whole grain. Area Agency on Aging PROHIBITS DISCRIMINATION IN ALL OF ITS PROGRAMS &amp; ACTIVITIES ON THE BASIS OF: race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital or family status.</p>				<p><b>1</b> <b>BAKED FISH PANKO with HERB TOPPING</b> Steamed Rice Broccoli Grapes Whole Wheat Roll</p>
<p><b>4</b> <b>CHICKEN CACCIATORE</b> Mashed Potatoes Spinach Pears Whole Wheat Roll</p>	<p><b>5</b> <b>ROAST PORK LOIN</b> Baked Beans Harvard Beets Orange Wedges Whole Wheat Roll</p>	<p><b>6</b> <b>CHEESEBURGER*</b> Lettuce/Tomato Coleslaw Fruit Salad Whole Wheat Bun</p>	<p><b>7</b> <b>GRILLED CHICKEN SANDWICH</b> Potato Wedges Coleslaw Fruit Salad Whole Wheat Bun</p>	<p><b>8</b> <b>ITALIAN MEATLOAF</b> Mashed Potatoes Peas &amp; Carrots Banana Whole Wheat Roll</p>
<p><b>11</b> <b>CLOSED for VETERANS DAY</b></p>	<p><b>12</b> <b>BAKED HAM with RASIN SAUCE*</b> Mashed Potatoes Green Beans Tangerine Whole Wheat Roll</p>	<p><b>13</b> <b>SPINACH MUSHROOM FRITATTA</b> Three Bean Salad Pineapple Whole Wheat Roll</p>	<p><b>14</b> <b>MACARONI &amp; CHEESE</b> Baked Beans Mixed Vegetables Apple Whole Wheat Roll</p>	<p><b>15</b> <b>BAKED COD with LEMON GLAZE</b> Red potatoes Peas &amp; Pimentos Pineapples Whole Wheat Roll</p>
<p><b>18</b> <b>PORK EGG ROLL*</b> Fried Rice Asian Mixed Veg Oranges Whole Wheat Roll</p>	<p><b>19</b> <b>CHICKEN ADOBO</b> Steamed Rice Broccoli Pears Whole Wheat Roll</p>	<p><b>20</b> <b>CURRY CHICKEN</b> Steamed Brown Rice Peas &amp; Carrots Pineapple Whole Wheat Roll</p>	<p><b>21</b> <b>Thanksgiving Buffet</b> <b>ROAST TURKEY with GRAVY</b> Mashed Potatoes Green Beans/Roll Pumpkin Pie</p>	<p><b>22</b> <b>CRAB CAKE with TARTAR SAUCE</b> Mac Salad Spinach Mandarin Orange Whole Wheat Roll</p>
<p><b>25</b> <b>CHICKEN STIR FRY with PEPPERS</b> Steamed Brown Rice Broccoli Florets Peaches Whole Wheat Roll</p>	<p><b>26</b> <b>PORK VERDE</b> Spanish Rice Broccoli Fruit Cocktail Whole Wheat Roll</p>	<p><b>27</b> <b>SPAGHETTI &amp; MEATBALLS</b> Whole Wheat Pasta Squash Orange Wedges Garlic Bread</p>	<p><b>28</b> <b>CLOSED for THANKSGIVING</b></p>	<p><b>29</b> <b>CLOSED for THANKSGIVING</b></p>





## December Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> <b>FRENCH BREAD PEPPERONI PIZZA</b> Mixed Vegetables Pineapple Chocolate Pudding</p>	<p><b>3</b> <b>CHICKEN POT PIE</b> Broccoli Banana Whole Wheat Roll</p>	<p><b>4</b> <b>TURKEY TETRAZZINI</b> Dilled Carrots Mixed Fruit Whole Wheat Roll</p>	<p><b>5</b> <b>ORANGE CHICKEN</b> Broccoli Cantaloupe Whole Wheat Roll</p>	<p><b>6</b> <b>BAKED COD FISH</b> Yellow Squash Rice Pilaf Apricots Whole Wheat Roll</p>
<p><b>9</b> <b>QUICHE LORRAINE</b> Peas &amp; Carrots Cucumber Salad Mandarin Oranges Whole Wheat Roll</p>	<p><b>10</b> <b>CHICKEN MARENGO</b> Green Beans Confetti Rice Apricots Whole Wheat Roll</p>	<p><b>11</b> <b>PUMPKIN CHILI</b> Green Salad Apple Cornbread</p>	<p><b>12</b> <b>MACARONI &amp; CHEESE</b> Broccoli Orange Wedges Blueberry Muffin</p>	<p><b>13</b> <b>GRILLED TILAPIA with DILL SAUCE</b> Brown Rice Spinach Cantaloupe Whole Wheat Roll</p>
<p><b>16</b> <b>STUFFED BELL PEPPER</b> Carrots Mandarin Oranges Whole Wheat Roll</p>	<p><b>17</b> <b>CHICKEN CORDON BLEU*</b> Scalloped Potatoes Mixed Vegetables Apricots Whole Wheat Roll</p>	<p><b>18</b> <b>GREEK CHICKEN SALAD</b> Romaine Green Beans Cantaloupe Whole Wheat Roll</p>	<p><b>19</b> <b>Holiday Buffet</b> <b>BAKED SPIRAL HAM with APRICOT GLAZE</b> Mashed Yams Green Beans Honeydew Whole Wheat Roll</p>	<p><b>20</b> <b>HOT PASTRAMI SANDWICH</b> Broccoli Wild Rice Salad Banana Marbled Rye Bread</p>
<p><b>23</b> <b>BAKED ZTI</b> Peas &amp; Pimento Mixed Fruit Garlic Bread</p>	<p><b>24</b> <b>CLOSED</b> <b>for</b> <b>HOLIDAY</b></p>		<p><b>25</b> <b>CLOSED</b> <b>for</b> <b>HOLIDAY</b></p>	<p><b>26</b> <b>BBQ CHICKEN SANDWICH</b> Carrots Beans Cantaloupe Whole Wheat Bread</p>
<p><b>30</b> <b>PORK VERDE</b> Broccoli Spanish Rice Fruit Cocktail Whole Wheat Tortilla</p>	<p><b>31</b> <b>New Year's Eve LAMB STEW</b> Stuffed Mushrooms Black Eye Peas Capri Vegetables Whole Wheat Roll</p>	<p>The City of Pacifica Senior Nutrition Programs are made possible through a grant awarded by San Mateo County for individuals over the age of 60. Our delicious, healthy, and fresh lunches are prepared daily by our full-time chef. Food substitutions may be necessary. Lunch is served at 12:00pm. The suggested contribution is \$4.00 per meal and \$4.50 for Meals on Wheels. A meal will not be denied to any senior unable to give a contribution. Guests under 60 years old must pay a mandatory fee of \$5.00 per meal. Second servings of vegetables may be available upon request. All pasta used is whole wheat. All bread is whole wheat or whole grain. Area Agency on Aging PROHIBITS DISCRIMINATION IN ALL OF ITS PROGRAMS &amp; ACTIVITIES ON THE BASIS OF: race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital or family status.</p>		