


Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1 Taco Salad</b> (turkey, lettuce, corn, tomato, refried pinto beans, red onions, cheese, whole wheat tortilla) <b>Orange Slices</b>
<b>4 Caribbean Chicken Rice &amp; Lentil</b> <b>Peas and Carrots</b> <b>Orange Slices</b>	<b>5 Beef Tacos</b> <b>Steamed Broccoli</b> <b>Pineapple</b>	<b>6 Braised Chickpea</b> <b>Steamed Cauliflower</b> <b>Green Salad</b> <b>Pineapple</b>	<b>7 Goulash</b> (beef, wheat pasta) <b>Steamed Peas</b> <b>Green Salad</b> <b>Apple</b>	<b>8 Mediterranean Fish</b> <b>Steamed Broccoli &amp; Garbanzo</b> <b>Long Grain Brown Rice</b> <b>Apple</b>
<b>11 Beef Stir Fry</b> (bell peppers, onion, tomato, broccoli) <b>Long Grain Brown Rice</b> <b>Orange Slices</b>	<b>12 Chicken Tacos</b> <b>Steamed Broccoli</b> <b>Long Grain Brown Rice</b> <b>Apple</b>	<b>13 BBQ Pork</b> <b>Coleslaw Salad</b> <b>Steamed Carrots</b> <b>Multi-Grain Bread</b> <b>Pineapple</b> 	<b>14 Santa Fe Salad</b> (chicken, lettuce, corn, tomato, black beans, red onions, quinoa) <b>Pineapple</b>	<b>15 Pineapple Ham</b> <b>Sweet Potato</b> <b>Multi-grain bread</b> <b>Pineapple</b>
<b>18 Ham and Bean Soup</b> (carrots, celery, cabbage, navy beans) <b>Long Grain Brown Rice</b> <b>Peaches</b>	<b>19 Fish Tacos</b> <b>Steamed Broccoli</b> <b>Peaches</b>	<b>20 Tuna Salad</b> (tuna, lettuce, celery, red onion, tomato, quinoa) <b>Orange Slices</b>	<b>21 Turkey Stroganoff</b> <b>Green Beans</b> <b>Orange Slices</b>	<b>22 Chicken Enchilada</b> <b>Steamed Broccoli</b> <b>Long Grain Brown Rice</b> <b>Pinto Beans</b> <b>Apple</b>
<b>25 Lemon Pepper Fish</b> <b>Steamed Carrots and Cabbage</b> <b>Long Grain Brown Rice</b> <b>Apple</b>	<b>26 Beef Tacos</b> <b>Steamed Broccoli</b> <b>Orange Slices</b>	<b>27 Turkey &amp; Sweet-Potato Casserole</b> <b>Long Grain Brown Rice</b> <b>Apple</b>	<b>28 Meatloaf w/light Gravy</b> <b>Steamed Broccoli</b> <b>Multi-Grain Bread</b> <b>Orange Slices</b>	<b>29 Baked Ham</b> <b>Green Beans &amp; Garbanzo</b> <b>Whole Wheat Bread</b> <b>Orange Slices</b>

# AUGUST

Meals are served at 12:00PM, **Monday thru Friday** at the **Mountain Health Community Center**, 976 Sheridan Road Campo, CA.

**Meals are also provided on:**

Wednesdays in Descanso (Descanso Library, 9545 River Drive),  
Pine Valley (28890 Old Hwy 80)

Thursdays in Alpine (**Alpine Community Center**, 1830 Alpine Blvd) 619.445.7330

Potrero (Potrero Library (24883 Potrero Valley Rd )

Dulzura (1135 Community Bldg. Rd)

Fridays in Jacumaba Library (44605 Old Hwy 80, Jacumba Hot Springs)

Seniors 60 and over it is a suggested \$4 contribution. Meals are \$6 if you are under 60.

**For more information or to make a reservation PLEASE CALL  
619-478-2384.**

*\*Denotes Sodium Meal  $\geq 1,000$  mg sodium.*  
**ALWAYS INCLUDED MILK .**

**MEALS ARE ALWAYS PREPARED WITH YOUR HEALTH IN MIND.**

## **SPECIAL NOTES:**

**+This icon indicates the fruit or vegetable of the month.**

**- This icon indicates a vegetarian option is available for lunch and please call us to inquire about the vegetarian option.**

