

October

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meat Loaf w/Light Gravy Steamed Broccoli Multi-Grain Bread Apple	2 Baked Chicken Sweet Potato Multi Grain Bread Apple	3 Mediterranean Fish Steamed Broccoli Long Grain Brown Rice Peaches
6 Turkey Stroganoff Peas & Carrots Orange Slices	7 Chicken Tacos (onion, cabbage, cilantro, whole wheat tortilla) Steamed Broccoli Pineapple	8 Hearty Beef & Rice Soup (carrots, celery, corn, tomato, long grain brown rice) Steamed Cabbage Garden Salad Pineapple	9 Stuffed Cabbage Casserole Long Grain Brown Rice Pineapple	10 Caribbean Chicken Rice Casserole Steam Peas Orange Slices
13 Curry Chicken Steamed Broccoli Long Grain Brown Rice Orange Slices	14 Fish Tacos (whole wheat tortilla, onion, cabbage, cilantro) Steamed Carrots Orange Slices	15 Ground Orange Chicken Steamed Carrots Long Grain Brown Rice Orange Slices	16 Pineapple Ham Sweet Potato Green Bean Multi-grain bread	17 Winter Minestrone (beef, potatoes, onions, peas, navy beans, carrots, celery wheat pasta) Green Salad Pineapple
20 Turkey Melt (turkey, cheddar cheese) Tomato soup Orange Slices	21 Green Beef Tacos (onion, cabbage, cilantro, whole wheat tortilla) Steamed Carrots Orange Slices	22 Turkey Skillet (green beans, squash, tomato, spinach) Long Grain brown Rice Peaches	23 Hawaiian Chicken (onion, pineapple, peppers) Garden Salad Long Grain Brown Rice Pineapple	24 Beef Lasagna Soup Green Salad Orange Slices
27 Lemon Pepper Fish Steamed Broccoli Long Grain Brown Rice Pineapple	28 Chicken Tacos (onion, lettuce, cilantro, whole wheat tortilla) Steamed Carrots Orange Slices	29 Creamy Corn Chicken Sweet Potato Long Grain Brown Rice Apple	30 Meatball Stew turkey, carrots, celery, zucchini, potato, onions, tomato) Long Grain Brown Rice Orange Slices	31 Spaghetti w/Beef Meat Sauce (whole grain pasta) Steamed Carrots Garden salad Orange Slices 

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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.

Weekly Activities (976 Sheridan road campo)

Monday's: Feeding San Diego 12:00pm –1:00pm (outside the center, if you have lunch we can bring in your food bag)

Tuesday's: Feeling Fit Class 10:45am– 11:45am (inside)

Wednesday's: Bingo 12:30pm-1:00pm (inside after lunch)

Thursday's: Rise and Shine 11:00am-12:00pm (inside before lunch)

Friday's: Karaoke 12:30pm –1:00pm (after lunch)