


# June

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Turkey Ala King</b> <b>Steamed Broccoli</b> <b>Whole Wheat Roll</b> <b>Peaches</b>	2 <b>Fish Tacos</b> (whole wheat tortillas, onion, cabbage, cilantro) <b>California Normandy Veggies</b> <b>Orange Slices</b>	3 <b>Asian Beef &amp; Broccoli</b> <b>Italian Vegetables</b> <b>Long Grain brown Rice</b> <b>Apple</b>	4 <b>Spaghetti w/ Light Meat Sauce</b> (beef, wheat pasta) <b>Green Peas</b> <b>Orange Slices</b>	5 <b>Creamy Corn Chicken</b> <b>Green Salad</b> <b>Wheat Roll</b> <b>Orange Slices</b>
8 <b>Tuna Salad</b> (tuna, lettuce, celery, red onion, tomato, quinoa) <b>Orange Slices</b>	9 <b>Chicken Tacos</b> (onion, cabbage, cilantro, whole wheat tortilla) <b>Steamed Carrots</b> <b>Orange Slices</b>	10 <b>Santa Fe Turkey Skillet</b> <b>Long Grain Brown Rice</b> <b>Garden Salad</b> <b>Orange Slices</b>	11 <b>Honey Mustard Chicken</b> <b>California Normandy</b> <b>Long Grain Brown Rice</b> <b>Applesauce</b>	12 <b>Ham &amp; Broccoli Soup</b> <b>Sweat Potato</b> <b>Whole Wheat Roll</b> <b>Applesauce</b>
15 <b>Chili Beans</b> <b>Winter Mix Vegetables</b> <b>Long Gain Brown Rice</b> <b>Pineapple</b>	16 <b>Fish Tacos</b> (whole wheat tortillas, onion, cabbage, cilantro) <b>Steamed Carrots</b> <b>Orange Slices</b>	17 <b>Meat Loaf w/Light Gravy</b> <b>Italian Vegetables</b> <b>Whole Wheat Roll</b> <b>Garden Salad</b> <b>Applesauce</b> 	18 <b>Stuffed Cabbage Casserole</b> <b>Long Grain Brown Rice</b> <b>Rice</b> <b>Green Salad</b>	19 <b>Hoisen Fish</b> <b>Italian Vegetables</b> <b>Long Grain Brown Rice</b> <b>Pineapple</b>
22 <b>Mediterranean Fish</b> <b>Steamed Broccoli</b> <b>Long Grain Brown Rice</b> <b>Peaches</b>	23 <b>Beef Tacos</b> (onion, cabbage, cilantro, whole wheat tortilla) <b>Steamed Carrots</b> <b>Orange Slices</b>	24 <b>Pineapple Ham</b> <b>Sweet Potato Mash</b> <b>Whole Wheat Roll</b> <b>Pineapple</b>	25 <b>Caribbean Chicken Rice &amp; Lentil</b> <b>Garden Salad</b> <b>Green Beans</b> <b>Orange Slices</b>	26 <b>Goulash</b> (beef, wheat pasta) <b>Garden Salad</b> <b>Winter Mix Vegetables</b> <b>Peaches</b>
29 <b>Baked Chicken</b> <b>Steamed Carrots</b> <b>Long Grain Brown Rice</b> <b>Orange Slices</b>	30 <b>Chicken Tacos</b> (onion, cabbage, cilantro, whole wheat tortilla) <b>Steamed Broccoli</b> <b>Peaches</b>			

# June

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.

**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:** Rise and Shine 11:30am-12:00pm (inside before lunch)

**Thursday's:** Gardening Group 10:30am– 12:00pm

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