

September

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Fish Tacos (whole wheat tortilla, onion, cabbage, cilantro) Steamed Carrots Orange Slices	2 One Pot Beef Orzo California Normandy Whole Wheat Roll Peaches	3 Teriyaki Chicken Steamed Broccoli Long Grain Brown Rice Peaches	4 Baked Ziti (beef) California Normandy Orange Slices
7 Closed	8 Chicken Tacos Or Turkey Skillet Steamed Cauliflower Orange Slices	9 Stuffed Cabbage Casserole Or Creamy Corn Chicken Long Grain Brown Rice Green Salad Pineapple	10 Pineapple Ham Sweet Potato Whole Wheat Roll Peaches	11 Meatball and Gravy (turkey) or Asian Beef & Broccoli Peas & Carrots Whole Wheat Roll Pineapple
14 Beef Stir Fry (bell peppers, onion, tomato, broccoli) Long Grain Brown Rice Orange Slices	15 Chicken Tacos (onion, lettuce, cilantro) Steamed Carrots Orange Slices	16 Hot Dog (beef , onion, tomato) Sweet Potato Fries Orange Slices Pop Corn	17 Meatloaf w/light Gravy Sweet Potato Whole Wheat Roll Peaches	18 Chicken Noodle Soup (chicken, carrots, wheat pasta) 4 Way Vegetables Orange Slices
21 Beef & Barley Soup (carrots, celery) Orange Slices	23 Fish Tacos (whole wheat tortilla, onion, cabbage) Steamed Carrots Orange Slices	24 Summer Minestrone (potatoes, onions, peas, celery, carrots, turkey, navy beans, whole wheat pasta) Garden Salad Orange Slices	25 Hawaiian Chicken (onion, pineapple, peppers) Garden Salad Long Grain Brown Rice Pineapple	26 Goulash (beef, wheat pasta) Steamed Cabbage Pineapple
28 Lemon Pepper Fish Steamed Broccoli Long Grain Brown Rice Orange Slices	29 Chicken Tacos Or Chicken Skillet Steamed Broccoli Peaches	30 Curry Chicken Steamed Broccoli Long Grain Brown Rice Pineapple		

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

Thursday's: Gardening Group 11:30am– 12:00pm

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

