SAN YSIDRO HEALTH

Mountain Health Community Center Senior Nutrition Menu 2026

SDGE A Sempra Energy utility

November

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Mediterranean Fish** California Normandy Long Grain Brown Rice Orange Slices	3 **Chicken Tacos** **or** **Turkey Stir Fry** Steamed Carrots Orange Slices	4 **Meatloaf w/Light Gravy** California Normandy Whole Wheat Roll Orange Slices	5 **Turkey Skillet** Garden Salad Long Grain Brown Rice Applesauce	6 **Ham & Broccoli Soup** or **Hoisen Beef Bowl** Steamed Broccoli Garden Salad Long Grain Brown Rice Applesauce
9 **Curry Chicken** California Normandy Whole Wheat Roll Peaches	10 **Beef Tacos** **or** **Asian Beef & Broccoli** Steamed Carrots Orange Slices	11 **White Chicken Chili** **or** **Ham & Bean Soup** Peas & Carrots Long Grain Brown Rice Pineapple	12 **Chicken Tortilla Soup** Steamed Carrots Long Grain Brown Rice Pineapple	13 Winter Minestrone (turkey) Garden Salad Orange Slices
16 **Fish & Gravy** Steamed Broccoli Long Grain Brown Rice Orange Slices	17 **Chicken Tacos** or **Chicken Skillet** Steamed Broccoli Peaches	18 **Roast Turkey/ Gravy** Green Bean Casserole Green Salad Whole Wheat Roll Orange Slices	19 **Spaghetti w/Meat Sauce** **California Normandy** **Orange Slices**	20 **Caribbean Chicken Rice Lentil Casserole** Sweet Potato Pineapple
23 **Honey Mustard Chicken** Steamed Carrots Long Grain Brown Rice Orange Slices	24 **Fish Tacos** or **Beef & Green Beans** Steamed Carrots Orange Slices	25 **Beef & Rice Soup** **or** **Baked Ziti** California Normandy Peaches	26 **Closed**	27
30 **Creamy Corn Chicken** California Normandy Long Grain Brown Rice Peaches				

This program is made possible by the OLDER AMERICAN ACT funds awarded by the County of San Diego, through Aging and Independent Services and SY Health

November

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 **(The Alpine Club,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 ≥ 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)