



**Bistro Hours: 11:15 a.m. until 12:15 p.m.**

Suggested donation for seniors 60+ is \$4.00.  
 Non-senior fee is \$ 6.00. Must sign in to be eligible.

Transportation for lunch: \$3.00 roundtrip Suggested donation.

Call to see if your zip code qualifies, and arrange scheduling.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>* = 1000+ mgs sodium in meal</i></p> <p><i>Poway Senior Center uses whole grain pasta and bread unless otherwise noted.</i></p>	<p>1</p> <p><b>BBQ Chicken</b> over Brown Rice</p> <p>Coleslaw w/Carrots</p> <p>Watermelon</p>	<p>2*</p> <p><b>Chicken Caesar</b></p> <p><b>Vegetable Tortellini Soup</b></p> <p>Whole Wheat Roll</p> <p>Orange Wedges</p>	<p>3</p> <p><b>Spaghetti with Meat Sauce</b></p> <p>Steamed Broccoli</p> <p>Cantaloupe</p>	<p>4</p> <p><b>Seafood Chowder</b></p> <p>Chopped Salad</p> <p>Whole Wheat Roll</p> <p>Mixed Fresh Fruit</p>
<p>7</p> <p><b>Sloppy Joes</b></p> <p>Green Beans w/ Tomatoes &amp; Parsley</p> <p>Mandarin Oranges</p>	<p>8</p> <p><b>Herbed Baked Chicken Thighs</b></p> <p>Five Grain Mix</p> <p>Glazed Dill Carrots</p> <p>Mixed Fresh Fruit</p>	<p>9*</p> <p><b>Cheese Manicotti</b></p> <p>Italian Vegetables</p> <p>Whole Wheat Garlic Bread</p> <p>Seedless Grapes</p>	<p>10</p> <p><b>Turkey Chili</b> w/Sour Cream &amp; Cilantro over Brown Rice</p> <p>Greek Salad</p> <p>Watermelon</p>	<p>11</p> <p><b>Tuna Salad</b> w/Hard Boiled Egg, Tomatoes &amp; Broccoli Slaw</p> <p>Whole Wheat Roll</p> <p>Chilled Peaches</p>
<p>14</p> <p><b>Sautéed Sausage &amp; Kale w/Onion &amp; Bell Pepper</b></p> <p>Brown Rice</p> <p>Tropical Fruit Cocktail</p>	<p>15</p> <p><b>Meatloaf</b></p> <p>Rosemary Potatoes</p> <p>Garden Vegetable Soup w/Carrots &amp; Greens</p> <p>Whole Wheat Roll</p> <p>Orange Wedges</p>	<p>16</p> <p><b>Stewed Chicken Thighs in Tomato Broth</b> w/Onions &amp; Oregano over Pasta</p> <p>Sautéed Zucchini</p> <p>Mixed Fresh Fruit</p>	<p>17*</p> <p><b>Chicken Cobb Salad</b> w/Boiled Eggs, Tomatoes, Cucumber, Bacon &amp; Blue Cheese Dressing</p> <p>Whole Wheat Roll</p> <p>Fruit Cocktail</p>	<p>18</p> <p><b>Cajun Catfish</b></p> <p>Five Grain Mix</p> <p>Garden Salad w/ Tarragon Dressing</p> <p>Watermelon</p>
<p>21*</p> <p><b>Chicken Enchiladas</b></p> <p>Mexican Brown Rice</p> <p>Sautéed Mixed Vegetables</p> <p>Mixed Fresh Fruit</p>	<p>22</p> <p><b>Pot Roast</b> w/Carrots, Celery, Potatoes &amp; Onions in Broth</p> <p>Whole Wheat Roll</p> <p>Pineapple Bites</p>	<p>23</p> <p><b>Stuffed Bell Peppers</b> w/Ground Beef and Brown Rice</p> <p>Mixed Greens with Celery and Radishes in Vinaigrette</p> <p>Tropical Fruit</p>	<p>24*</p> <p><b>Chicken Teriyaki Soba Noodle &amp; Vegetable Bowl</b></p> <p>Whole Wheat Roll</p> <p>Orange Wedges</p>	<p>25</p> <p><b>Baked Tilapia Florentine</b></p> <p>Five Grain Mix</p> <p>Capri Vegetables</p> <p>Whole Wheat Roll</p> <p>Cantaloupe</p>
<p>28</p> <p><b>Turkey Bolognese with Rigatoni</b></p> <p>Green Beans with Lemon and Parsley</p> <p>Fresh Mixed Fruit</p>	<p>29*</p> <p><b>Chili Size (Chili Burger)</b></p> <p>Steamed Broccoli</p> <p>Chips</p> <p>Watermelon</p>	<p>30</p> <p><b>Chicken Salad in Lettuce Wrap</b></p> <p>Carrot Slaw</p> <p>Whole Wheat Roll</p> <p>Mandarin Oranges</p>	<p>31</p> <p><b>Baked Potato and Fresh Salad Bar</b></p> <p>Whole Wheat Roll</p> <p>Tropical Fruit</p>	

30% of the cost of lunch and transportation is supported by **HHSA Aging and Independence Services** Funds are welcome from public contributions and your lunch donation.