### October 2019

National City George H Waters  
AT THE MLK (TEMPORARY LOCATION)  
140 E. 12TH STREET - National City, CA 91950  
(619) 336-4261 MARTHA / 336-4260 INGRID

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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| WHOLE GRAINS OR POPCORN INCLUDED DAILY  
Suggested Contribution $3.50  
Senior Adults (60+)  
NON-Senior FEE $6.00 paid at front desk  
Lunch Hours 11:00 A.M. – 12:30 P.M. | 1) PICNIC STYLE BBQ CHICKEN*  
AU-GRATIN POTATOES GRILLED VEGGIES RED & GREEN CABBAGE SALAD APPLESAUCE W/ CINNAMON MILK | 3) BEEF BURRITO W/ CHEESE SAUCE  
RICE & BEANS ZUCCHINI & CORN AURORA SALAD MANGO MIXX MILK | 3) ROAST TURKEY W/MUSHROOM GRAVY*  
MASHED POTATOES PEAS & PEARL ONIONS CRANBERRY ORANGE NUT SALAD PUMPKIN TART MILK | 4) CATCH OF THE DAY  
STEAMED BROWN RICE STRING BEANS CARROT SALAD STRAWBERRY SHORT CAKE MILK |
| 7) CHICKEN & DUMPLINGS  
CHANTILLY POTATOES CARROTS & BROCCOLI ROMAINE SALAD CHERRY CRISP MILK | 8) BBQ BEEF SANDWICH*  
HOMEMADE BAKED POTATO CHIPS BRUSSELS SPROUTS DUTCH COLESLAW FRESH BANANA PUDDING MILK | 9) CHICKEN CACCIATORE*  
WHOLE GRAIN PASTA TUSCAN BLEND SPINACH SALAD FRESH GRAPES MILK | 10) STEAK RANCHERO  
SPANISH BROWN RICE MEXICALI BLEND JICAMA SLAW FRUITED LEMON GELATIN MILK | 11) CATCH OF THE DAY  
OVEN BROWN POTATOES BABY CARROTS TROPICAL FRUIT SALAD RAINBOW SHERBET MILK |
| 14) CHICKEN TERIYAKI*  
FRIED BROWN RICE JAPANESE BLEND ORIENTAL NOODLE SALAD MANDARIN ORANGE CUP MILK | 15) VEAL PATTY PARMESAN*  
WHOLE GRAIN MOSTOCCHIOLI STEAMED ZUCCHINI BLT SALAD CANTALOupe & HONEYDEW MILK | 16) ROAST TURKEY*  
GARLIC MASHED POTATOES PEAS & CARROTS CRANBERRY ORANGE NUT SALAD CARROT CAKE MILK | 17) TERIYAKI ROAST PORK W/ GRAVY  
FRIED RICE SCANDINAVIAN BLEND CUCUMBER SALAD STRAWBERRIES & CREAM MILK | 18) CATCH OF THE DAY  
POOTATO PATTIES STEAMED BROCCOLI CARROT SALAD FRESH BANANA MILK |
| 21) BAKED CHICKEN W/ OYSTER SAUCE*  
LONG GRAIN & WILD RICE ITALIAN BLEND SPINACH SALAD ORANGE SMILES MILK | 22) BEEF BRISKET*  
BAKED POTATO STRING BEANS TOMATO BASIL SALAD BLUSHING PEARLS MILK | 23) PORK CHOP W/ COUNTRY GRAVY  
SCALLOPED POTATOES GRILLED VEGETABLES DUTCH COLESLAW PINEAPPLE UPSIDE DOWN CAKE MILK | 24) CLOSED | 25) CATCH OF THE DAY  
STEAMED RICE ASIAN STYLE VEGETABLES FRUITED GELATIN SALAD BROWNIE MILK / JUICE |
| 28) POT ROAST OF BEEF W/ CARROTS  
BOILED POTATOES NEW ENGLAND VEGGIES TOSSED SALAD APPLESAUCE W/ CINNAMON MILK | 29) CHICKEN LASAGNA W/ TOMATO PARMESAN  
WINTER BLEND ROMAINE SALAD FRESH GRAPES MILK | 30) MEMPHIS STYLE CHICKEN & RIB PATTY*  
SCALLOPED POTATOES STEAMED COLLARD GREENS GARDEN SALAD ORANGE SMILES MILK | 31) SWEET & SOUR EYEBALLS  
STEAMED BROWN RICE CAULDRON CABBAGE TOMATO BASIL SALAD GHOSTLY GRAPES MILK | Menu Subject To Change Without Notice  
Alternative Meal Option Available Daily  
Inquire at Front Desk  
* = >= 1,000 MG SODIUM PER MEAL |

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**The George H. Waters Nutrition Programs are supported by Older American's Act Funds awarded by the County of San Diego Health & Human Services Agency, Aging & Independence. Additional funding comes from the City of National City and Senior Contributions. People eligible for participation in the Senior Nutrition Programs as defined by the Older American's Act, are 60 years of age or older. Eligibility is the same for all without regard to race, color, national origin, sex, or handicap.**