



# OCTOBER 2019



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WHOLE GRAINS OR POPCORN INCLUDED DAILY</b> 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  POTATO 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 BLUSHNG PEARS 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 * = $\geq$ 1,000 MG SODIUM PER MEAL

