

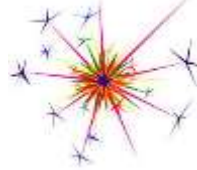




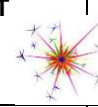









JANUARY 2020

Temporary location
140 E. 12th Street MLK Building
National City, CA 91950

National City George H Waters
(619) 336.4260 Ingrid / (619) 336.4261 Martha



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| <p>Suggested Contribution \$3.50 PER MEAL Senior Adults (60+) Non-Senior FEE \$6.00</p> <p>Menu subject to change Alternative menu option available daily</p> <p>* = >1000mg sodium per meal</p> | <p>WHOLE GRAINS OR POPCORN INCLUDED DAILY</p> <p>Lunch hours M-F 11:00-12:30</p> | <p>1) CLOSED NEW YEARS DAY</p>  | <p>2) CHICKEN PARMESAN</p> <p>WINTER BLEND WHOLE WHEAT PASTA ROMAINE SALAD FRESH GRAPES MILK</p> | <p>3) CATCH OF THE DAY</p> <p>BROWN RICE ZUCCHINI & CORN POPPYSEED COLESLAW MANGO MIXX MILK</p> |
| <p>6) FLAME BROILED SALISBURY STEAK*</p> <p>WHOLE WHEAT MACARONI BROCCOLI & CAULIFLOWER TOSSED SALAD PEACH MELBA MILK</p>  | <p>7) BAKED PORK CHOP W/GRAVY</p> <p>SCALLOPED POTATOES CALIFORNIA BLEND CARROT SALAD RYE BREAD BANANA MILK</p> | <p>8) BEEF STROGANOFF</p> <p>WHOLE WHEAT NOODLES NEW ENGLAND VEGETABLES TOMATO SALAD APRICOT CUP MILK</p>  | <p>9) OLD FASHIONED TURKEY DINNER</p> <p>CANDIED YAMS GARDEN BLEND CRANBERRY ORANGE NUT SALAD PUMPKIN BREAD MILK</p>  | <p>10) CATCH OF THE DAY</p> <p>OVEN ROASTED POTATOES MIXED VEGETABLES DUTCH COLESLAW CORNBREAD STRAWBERRIES & CREAM MILK</p> |
| <p>13) CHICKEN LASAGNA</p> <p>ITALIAN BLEND CAESAR SALAD GARLIC BREAD APPLE COBBLER MILK</p>  | <p>14) STEAK RANCHERO*</p> <p>BROWN SPANISH RICE & BEANS CHUCK WAGON BLEND GREEN BEAN SALAD MACARONI SALAD PEACHES & CREAM MILK</p> | <p>15) GRILLED BRISKET</p> <p>BAKED POTATO VEGETABLE TRIO GREEN SALAD BISCUIT LEMON TART MILK/JUICE</p>  | <p>16) BBQ BACKYARD CHICKEN*</p> <p>SCALLOPED POTATOES STEAMED SPINACH TROPICAL FRUIT SALAD WHOLE WHEAT ROLL BROWNIE MILK</p>  | <p>17) CATCH OF THE DAY</p> <p>BARLEY PILAF BROCCOLI & CARROTS MARINATED CUCUMBER SALAD FRUITED LIME GELATIN MILK</p> |
| <p>20) CLOSED</p>  | <p>21) MEATLOAF W/GRAVY</p> <p>MASHED POTATO STEAMED BRUSSELS SPROUTS TOMATO BASIL SALAD HONEYDEW MELON WHOLE WHEAT ROLL MILK</p>  | <p>22) MAPLE MUSTARD ROAST CHICKEN*</p> <p>OVEN BROWNED POTATOES SCANDINAVIAN VEGETABLES TOSSED FIELD GREENS MULTIGRAIN BREAD APPLE CRISP MILK</p> | <p>23) BEEF FLYING SAUCER *</p> <p>REFRIED BEANS & BROWN SPANISH RICE CHUCK WAGON BLEND MARINATED VEGETABLE SALAD WATERMELON MILK</p>  | <p>24) CATCH OF THE DAY</p> <p>SAFFRON RICE ASIAN STYLE VEGETABLES PICO DE GALLO CANTALOUPE MILK</p> |
| <p>27) CHICKEN ENCHILADAS*</p> <p>BROWN RICE AND BEANS MEXICALI BLEND MARINATED VEGETABLE SALAD FRUIT CUP MILK</p>  | <p>28) ROAST PORK CHOP W/APRICOT SAUCE</p> <p>BAKED SWEET POTATOES CAULIFLOWER PEA SALAD RYE BREAD ORANGE SMILE MILK</p>  | <p>29) BBQ PORK RIBS*</p> <p>BAKED BEANS STEAMED BROCCOLI POTATO SALAD BISCUIT STRAWBERRIES & ICE CREAM MILK</p>  | <p>30) LONDON BROIL</p> <p>BAKED POTATO WINTER BLEND ROMAINE SALAD MULTI GRAIN BREAD CANTELOUPE & HONEYDEW MILK</p> | <p>31) CATCH OF THE DAY</p> <p>BARLEY PILAF ZUCCHINI & CORN POPPYSEED COOLESLAW MANGO MIXX MILK</p> |

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 SERVICES (AIS) 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.

