



# JUNE 2020



National City George H Waters  
**AT THE TOWERS**  
 1415 "D" Avenue- National City, CA 91950  
 (619) 336-4260 INGRID / 336-4261 MARTHA  
 Nutrition Center Main Line (619) 336-6750

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) SALISBURY STEAK</b>  SCALLOPED POTATOES CORN COBBETTES CALIFORNIA SALAD WATERMELON MILK	<b>2) LITE LEMON CHICKEN</b>  BARLEY PILAF GRILLED VEGETABLES RED & GREEN CABBAGE SALAD APPLE SAUCE MILK	<b>3) BEAN &amp; BEEF BURRITO W/ CHEESE SAUCE*</b>  ZUCCHINI & CORN AURORA SALAD MANGO MIXX MILK 	<b>4) BEEF BOURGUIGNON</b>  WHOLE WHEAT NOODLES TRIO VEGGIES CAESAR SALAD PEACH MELBA MILK	<b>5) CATCH OF THE DAY</b>  STEAMED BROWN RICE STRING BEANS CARROTSALAD STRAWBERRY SHORT CAKE MILK
<b>8) CHICKEN DUMPLINGS</b>  CHANTILLY POTATOES CARROTS & BROCCOLI ROMAINE SALAD STRAWBERRIES MILK 	<b>9) BEEFSANDWICH ON WHOLE WHEAT BUN</b>  BRUSSELS SPROUTS DUTCH COLESLAW WATERMELON MILK	<b>10) CHICKEN CACCIATORE</b>  WHOLE WHEAT NOODLES YELLOW SQUASH SPINASH SALAD FRESH GRAPES MILK / JUICE	<b>11) ROAST PORK W/APRICOT SAUCE</b>  PARSLIED POTATOES SCANDINAVIAN VEGGIES CUCUMBER DILL SALAD APPLE TART MILK	<b>12) CATCH OF THE DAY</b>  LONG GRAIN WILD RICE BABY CARROTS TROPICAL FRUIT SALAD BLONDIES MILK
<b>15) CHICKEN TERIYAKI*</b>  BROWN FRIED RICE CARROTS ORIENTAL NOODLE SALAD MANDARIN ORANGE CUP MILK	<b>16) VEAL PATTY PARMESAN</b>  WHOLE WHEAT MOSTACCIOLI ZUCCHINI TOMATO BASIL SALAD BANANA MILK 	<b>17) PORK CHOP w/ COUNTY GRAVY</b>  SCALLOPED POTATOES GRILLED VEGGIES DUTCH COLESLAW PINEAPPLE UPSIDE DOWN CAKE MILK	<b>18) CHICKEN RANCHERO*</b>  SPANISH RICE MEXICALI MIX JICAMA SLAW CHURRO MILK 	<b>19) CATCH OF THE DAY</b>  BARLEY PILAF STEAMED BROCCOLI CARROT SALAD FRUITED LIME GELATIN MILK
<b>22) CHICKEN LASAGNA</b>  ITALIAN BLEND SPINACH SALAD APRICOT CUP MILK / JUICE	<b>23) BEEF ROASTED</b>  BAKED POTATOES LIMA BEANS TOMATO BASIL SALAD BLUSHING PEARS MILK	<b>24) ROASTED TURKEY</b>  SWEET POTATOES CARROT COINS ORANGE CRANBERRY NUT SALAD PUMPKIN TART MILK	<b>25) OLD FASHIONED MEATLOAF</b>  MASHED POTATOES CALIFORNIA MIX CAESAR SALAD CHERRY CAKE MILK	<b>26) CATCH OF THE DAY</b>  BROWN FRIED RICE ASIAN STYLE VEGGIES ORIENTAL NOODLES SALAD ORANGE SMILES MILK
<b>29) SAUCY PORK MEDALLIONS</b>  WHIPPED SWEET POTATOES BRUSSELS SPROUTS WHOLE WHEAT PASTA SALAD ORANGE SMILES MILK 	<b>30) CHICKEN BREAST w/ MUSHROOM SAUCE</b>  LONG GRAIN & WILD RICE WINTER BLEND CARROT SALAD STRAWBERRIES & CREAM MILK	Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M 	Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk  * = $\geq 1,000$ MG SODIUM PER MEAL	<b>POP CORN SERVED DAILY</b>  

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.