



OCTOBER 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
<p>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</p>	<p>Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk</p>		<p>1) SOUTHERN STYLE FRIED CHICKEN</p> <p>MASHED POTATOES KERNEL CORN LEAFY GREEN SALAD CHERRY TART MILK</p>	<p>2) CATCH OF THE DAY</p> <p>BROWN SPANISH RICE STEAMED YELLOW & GREEN SQUASH JICAMA SLAW TROPICAL FRUIT SALAD MILK</p>
<p>5) PORK CHOP W/ ORANGE GLAZE</p> <p>AU-GRATIN POTATOES PEAS & CARROTS BEET SALAD CANTALOUPE WEDGES MILK</p>	<p>6) BEEF BOURGUIGNON*</p> <p>WHOLE GRAIN NOODLES GREEN BEAN & BACON SALAD FRESH ORANGE MILK</p>	<p>7) TOMATO CHICKEN PARMESAN</p> <p>BROWN RICE PILAF ITALIAN BLEND CALIFORNIA PASTA SALAD RED GRAPES MILK</p>	<p>8) TURKEY & CHEESE SANDWICH* /WHOLE WHEAT BREAD</p> <p>LETTUCE, TOMATO, PICKLE POTATO SALAD FRESH FRUIT CUP VEGGIE SOUP MILK</p>	<p>9) COD ALMONDINE</p> <p>MACARONI & CHEESE SCANDINAVIAN BLEND ROMAINE SALAD FRUITED ORANGE GELATIN MILK</p>
<p>12) SPAGHETTI BOLOGNESE*</p> <p>WHOLE GRAIN PASTA TUSCAN BLEND CAESAR SALAD GREEN GRAPES MILK</p>	<p>13) CHICKEN FAJITAS</p> <p>BROWN MEXICAN RICE CALIFORNIA BLEND PICO DE GALLO WATERMELON BALLS MILK</p>	<p>14) CREAM OF MUSHROOM PORK CHOPS*</p> <p>SAFFRON RICE STEAMED GREEN PEAS SPINACH SALAD STRAWBERRIES & CREAM MILK</p>	<p>15) MOM'S MEATLOAF W/ SWEET CHIPOTLE SAUCE</p> <p>MASHED POTATOES WHOLE GREEN BEANS TOSSED FIELD GREENS RED DELICIOUS APPLE MILK</p>	<p>16) TUNA CROISSANT SANDWICH</p> <p>CROSS CUT BAKED FRIES MARINATED VEGGIE SALAD HONEYDEW MELON MILK</p>
<p>19) CHICKEN FLORENTINE</p> <p>BARLEY PILAF BRUSSELS SPROUTS TOMATO BASIL SALAD TROPICAL FRUIT CUP MILK</p>	<p>20) PORK TENDERLOIN W/ DEMI GLAZE LONG GRAIN & WILD RICE DICED CARROTS POPPY SEED COLESLAW APPLE SAUCE W/ CINNAMON MILK</p>	<p>21) ROAST BEEF W/ GRAVY</p> <p>BAKED POTATO STEAMED SPINACH BLT SALAD PEACH MELBA MILK</p>	<p>22) CHICKEN CACCIATORE</p> <p>WHOLE GRAIN PASTA STEAMED BROCCOLI KALE SLAW BLUSHING PEARS MILK</p>	<p>23) CATCH OF THE DAY</p> <p>BROWN STEAMED RICE CAPRI BLEND JAPANESE NOODLE SALAD TANGERINE MILK</p>
<p>26) OVEN ROAST PORK TENDERLOIN</p> <p>ALMOND BROWN RICE WINTER BLEND WALDORF SALAD TAPIOCA PUDDING MILK</p>	<p>27) SALISBURY STEAK W/GRAVY</p> <p>MASHED POTATOES GREEN BEANS & CARROTS FRUITED LIME GELATIN OATMEAL COOKIE MILK</p>	<p>28) PORK RIBS & CHICKEN*</p> <p>BAKED BEANS GRILLED VEGGIES RED POTATO SALAD CANTALOUPE SLICES MILK</p>	<p>29) ROAST TURKEY</p> <p>CANDIED YAMS PEAS & PEARL ONIONS CRANBERRY ORANGE NUT SALAD PUMPKIN TART MILK</p>	<p>30) CATCH OF THE DAY</p> <p>REFRIED BEANS FIESTA CORN VEGGIES TWO COLORED SPINACH SALAD STRAWBERRIES & CREAM MILK</p>

