

**Lunch Hours**

**April 2026**

**10:30 AM–12:30 PM**  
**Suggested Contribution**  
**Senior Adults (60+)**  
**\$3.50**  
**Non-Senior Set Fee**  
**\$6.00 paid at front desk**

National City George H Waters Nutrition Center  
 1415 "D" Avenue- National City, CA 91950  
 Center Main Line 619-336-6750  
 Home Delivered Meals Info (619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject To Change Without Notice *>=1000 MG SODIUM PER MEAL Alternative Meal Option will not be available for Pork & Fish Days until further notice.	<b>PLEASE NOTE:</b> These meals may contain the following allergens: <b>Peanuts* Fish* Tree Nuts* Soy* Eggs* Milk*</b>	<b>1) Beans Molletes</b> 5-way Vegetables Cactus Salad Apricot Cup 1% Milk Orange Juice; 	<b>2) Cheese Ravioli</b> w/Ground Turkey Asparagus Fruit Salad WW Dinner Roll 1% Milk 	<b>3) Catch of the Day</b> Green Beans Carrot and Pineapple Salad Strawberries & Blueberriescup WW Pasta Lentil Soup Milk 1%
<b>6) Bake Chicken Mole</b> Spinach and Roasted corn Mango Avocado Salad Peaches with Yogurt Brown Spanish Rice 1% Milk	<b>7) BBQ Pork Ribs</b> Asparagus Red Potatoes Salad Watermelon Cup Baked Beans Milk 1% WW Dinner Roll 	<b>8) Beef Enchiladas Broccoli</b> Mexican Fruit Salad Milk 1% 	<b>9) Creamy Roasted Pumpkin Soup</b> Green Beans Chickpea Quinoa Salad kiwi and Pineapple Cup WW Bread Milk 1%	<b>10) Catch of the Day</b> Manhattan Blend Red Lentil soup Kale Salad Pineapple & Strawberries Cup Brown Wild Rice Milk 1%
<b>13) Shredded Pork Sandwich</b> Five-way Veggies Pico de Gallo Salad Honeydew cup Sweet Potatoes Fries 1% Milk	<b>14) Eggplant Parmesan</b> Chickpea and Beans Soup Fruit Salad WG Noodles Pasta 1% Milk Orange Juice	<b>15) Filipino Chicken Pancit</b> Asian Slaw Salad Blueberries & Kiwi Cup WW Dinner Roll 1% Milk	<b>16) Ground Beef Lasagna</b> Green Beans Green Leaf Salad Strawberry Cup 1% Milk Orange Juice 	<b>17) Catch of the Day</b> Chateau Veggies Apple Waldorf Salad Orange Smile Split Pea Soup Brown Rice 1% Milk
<b>20) Chicken Adobo</b> Steam Broccoli Asian Noodles Orange Smile Steam Brown Rice 1% Milk	<b>21) Turkey Meatloaf</b> Fresh Asparagus Roasted Red Potatoes Tossed Salad Unsweetened Apple Sauce Cup WW Bread Roll 1% Milk	<b>22) Cheese Entomatadas</b> Steam Spinach w/ Roasted Corn Carrots Cranberry Salad kiwi, Strawberry cup Black Beans 1% Milk	<b>23) Shepherd's Pie</b> w/ground Beef Peas and Carrots Spinach Walnuts Salad Banana ww Dinner Roll Milk 1%	<b>24) Fish Filet Sandwich(Whole Wheat)</b> Anti- Pasto Salad Barley Soup Blueberries and strawberries yogurt Cup 1% Milk
<b>27) Swedish Meatballs</b> w/Egg Noodles Steam Broccoli Cucumber Dill Apricots Cup WW Pasta WW Dinner Roll Milk 1%	<b>28) Roast Beef</b> w/Mushroom onion Sauce San Francisco Blend Spinach Salad Fresh Mandarins Brown Rice 1% Milk	<b>29) Chicken Salad Sandwich (whole Wheat)</b> Navy Beans Soup Winter Vegetable Salad Pineapple Cup 1% Milk	<b>30) Country Fried Steak (beef bake)</b> Roasted Brussels Garlic Mashed Potatoes Caesar Salad Strawberries with yogurt WW Dinner Roll Milk 1% 	

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICANS 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 AMERICANS ACT, ARE 60 YEARS OF AGE OR OLDER ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX, OR HANDICAP.