

Lunch Hours

10:30 AM–12:30 PM

Suggested Contribution

Senior Adults (60+)

\$3.50

Non-Senior Set Fee

\$6.00 paid at front desk

MAY 2026

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
<p>Menu Subject To Change Without Notice</p> <p>*≥1000 MG SODIUM PER MEAL</p> <p>Alternative Meal Option will not be available for Pork & Fish Days until further notice.</p>	<p>PLEASE NOTE: <i>These meals may contain the following allergens: Peanuts* Fish* Tree Nuts* Soy* Eggs* Milk* *Shellfish* Wheat *Sesame</i></p>	<p>*All meals are served with 1% Milk</p>		<p>1) Catch of the Day (fish)</p> <p>California Blend Carrot Pineapple salad Green Lentil Soup Navel Orange Brown Rice Pilaf</p>
<p>4) Steak Ranchero</p> <p>Fiesta Blend Pinto Beans Pineapple Cup WW Tortillas</p>	<p>5) Orange Chicken</p> <p>Kyoto blend Asian Noodle Salad Mandarin Oranges Steamed Brown Rice</p>	<p>6) Spaghetti and Turkey Meatballs</p> <p>Italian Blend Anti- Pasto Salad WW Spaghetti Red & Green Grapes Orange juice</p>	<p>7) Beef Meatloaf</p> <p>Steamed Green Beans Garlic Mashed Potatoes Fresh Pear WW Roll</p>	<p>8) Catch of the Day (fish)</p> <p>Peas & Carrots Cream of Spinach Soup Ambrosia Fruit Salad Wild Brown Rice</p>
<p>11) Country fried Steak (Baked)</p> <p>Steamed asparagus Spinach Salad Garlic mashed Potatoes Navel Orange WW Roll</p>	<p>12) Chicken Teriyaki</p> <p>Cabbage & Carrots Bok Choy Salad Fresh Pear Steamed Brown Rice Orange Juice</p>	<p>13) Ground Turkey Lasagna</p> <p>Manhattan Blend Tomato Basil Salad Pineapple coconut cup WW Garlic Bread</p>	<p>14) Pork loin w/Dijon Sauce</p> <p>Steamed Broccoli Leafy Green Salad Red Roasted Potatoes Banana WW Roll Orange Juice</p>	<p>15) Catch of the Day (fish)</p> <p>Chuckwagon blend Rainbow coleslaw Split Pea Soup Gala Apple Brown cilantro Rice</p>
<p>18) BBQ Baked Chicken</p> <p>Petite corn on the cob Baked Beans Watermelon Cup WW Mac Salad Orange Juice</p>	<p>19) Chicken Cordon Bleu</p> <p>Steamed Green Beans Garlic mashed potatoes Apple Kale Slaw Apricot cup WW Roll</p>	<p>20) Cheese Ravioli w/ Turkey Marinara</p> <p>California Blend Caesar Salad Pineapple mango cup WW Garlic Bread</p>	<p>21) Beef Stir Fry</p> <p>Stir Fry vegetables Asian coleslaw Mandarin Orange Cup Steamed Brown rice</p>	<p>22) Clam Chowder</p> <p>Broccoli Normandy Tropical Fruit Salad WW Roll</p>
<p>25) Closed for Memorial Day</p>	<p>26) Ground Beef Picadillo</p> <p>Fiesta Blend Unsweetened Applesauce Brown Spanish Rice</p>	<p>27) Vegetarian Chili Bowl</p> <p>Broccoli Normandy Quinoa cucumber salad Orange fruited gelatin cup WW Tortilla chips</p>	<p>28) Baked Pork Ribs</p> <p>Chuckwagon Blend Au-gratin Potatoes Whole Orange WW Roll</p>	<p>29) Catch of the Day (fish)</p> <p>Steamed Broccoli Tomato minestrone soup Apple Waldorf Salad Brown Wild Rice Orange Juice</p>
<p>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.</p>				