

**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

# JUNE 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><b>1) Shredded Beef Tostada</b> Baby Carrots Pico de Gallo Salad Honeydew cup Black Beans</p>	<p><b>2) Thai Coconut Chicken</b> Stir Fry Veggies Cucumber Dill Salad Fresh Mandarins Brown Rice WW Bread</p>	<p><b>3) Country Pork Chop San Francisco Blend</b> Spinach Salad Garlic Mashed Potatoes Peaches Cup Dinner Roll</p>	<p><b>4) Enfrijoladas with Cheese</b> Normandy Blend Pico de Gallo Salad Strawberries &amp; Kiwi cup Black Beans Orange Juice</p>	<p><b>5) Catch of the Day (fish)</b> California Blend Carrot Pineapple salad Green Lentil Soup Navel Orange Brown Rice Pilaf</p>
<p><b>8) Chicken Corndon Blue</b> Asparagus Peach Arugula Salad Garlic Mashed Potatoes Gala Apple WW Roll</p>	<p><b>9) Roasted Pork Loin</b> California Blend Spinach Strawberry Salad Cilantro Lime Green Beans Rice Honeydew and Cantaloupe Cup</p>	<p><b>10) Orange Chicken</b> Kyoto Blend Asian Noodles Salad Fresh Mandarins Steam Brown Rice</p>	<p><b>11) Eggplant Parmesan</b> Italian Blend Kale Red Fruit Salad Beans Soup Orange Smile WW Pasta WW Garlic Bread</p>	<p><b>12) Catch of the Day (fish)</b> Steamed Broccoli Mango Coconut Salad Red Lentil Soup Peaches Cup Brown Wild Rice</p>
<p><b>15) Bean Molletes</b> Steamed Spinach &amp; Roasted Corn Cactus Salad Pineapple &amp; Kiwi Cup Black Beans WW Bread</p>	<p><b>16) Creamy Chicken Dijon</b> Scandinavian Blend Mandarin Apple Salad Strawberries with yogurt WG Pasta</p>	<p><b>17) Grilled Cheeseburger</b> Broccoli Corn Salad Sweet Potatoes Honeydew &amp; Cantaloupe </p>	<p><b>18) Turkey Meatloaf</b> Baby Carrots Spinach Salad Mashed Potatoes Peaches Cup WW Dinner Roll</p>	<p><b>19) Catch of the Day (fish)</b> Asparagus Carrots Coleslaw Lentil Soup Smile Orange Steamed/Brown Rice</p>
<p><b>22) BBQ Baked Chicken</b> Petite corn on the cob Baked Beans Watermelon WW Mac Salad</p>	<p><b>23) Beef Sroganoff</b> Peas and Carrots Spinach Salad Smile Orange Whole Grain Noodles WW Roll Rice</p>	<p><b>24) Calabacitas con Puerco/ Pork w/ Squash</b> Fiesta Blend Kale Apple Walnuts Salad Honeydew &amp; Cantaloupe Cup Black Beans Corn Tortillas</p>	<p><b>25) Pumpking Soup</b> Steam Spinach Chickpea Black Bean Salad Strawberries &amp; blueberries Cup WW Bread</p>	<p><b>26) Tuna Salad Sandwich</b> California Pasta Salad Barley Soup Pineapple and Kiwi Cup</p>
<p><b>29) Chicken Adobo</b> Steam Broccoli Asian Noodles Fresh Mandarins Steam Brown Rice</p>	<p><b>30) Pork Carnitas</b> Fiesta Blend Coleslaw Mexican Salad kiwi and Strawberry Cup Black Beans Corn Tortillas</p>	<p><b>Menu Subject To Change Without Notice</b> *&gt;=1000 MG SODIUM PER MEAL Alternative Meal Option will not be available for Pork &amp; Fish Days until further notice.</p>	<p>PLEASE NOTE meals may contain the following allergens: Peanuts* Fish *Tree Nuts* Soy* Eggs* Milk* Shellfish* wheat* Sesame* *All meals are serve with Milk 1%</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.