

Congregate meals are sponsored by The Older American's Act Funds & awarded by the County of San Diego through Aging and Independence Services. Meals are provided by Jewish Family Service of San Diego.

## Bayside Community Center April 2024



<i>Monday</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<b>Coleslaw</b> 1 <b>Beef Chili (Chili con Carne)</b> Cilantro Brown Rice Sweet Potato Pineapple <span style="color: red;">350 mg sodium</span>	<b>Citrus Salad</b> 2 <b>Spring Bean Minestrone</b> Whole Wheat Pasta Roasted Asparagus Pear <span style="color: red;">470 mg sodium</span>	<b>Carrot Salad</b> 3 <b>Cod with Lemon Sauce</b> Quinoa, Kale, Edamame Peas Kiwi <span style="color: red;">590 mg sodium</span>	<b>3 Bean Salad</b> 4 <b>Adobo Chicken</b> Brown Rice Bok Choy Mango <span style="color: red;">690 mg sodium</span>	<b>Spring Mix Salad</b> 5 <b>Turkey Stuffed Pepper</b> Bulgur California Mix Veggies Apricots <span style="color: red;">410 mg sodium</span>
<b>Beet Salad</b> 8 <b>Lentil Pasta with Pesto</b> Whole Wheat Roll Broccoli Banana <span style="color: red;">560 mg sodium</span>	<b>Bok Choy Salad</b> 9 <b>Beef Bulgogi</b> Brown Rice Stir Fry Veggies Tropical Fruit <span style="color: red;">590 mg sodium</span>	<b>WW Macaroni Salad</b> 10 <b>Chicken Cholent</b> Roasted Potatoes Sauteed Kale Peaches <span style="color: red;">600 mg sodium</span>	<b>Cucumber Salad</b> 11 <b>Veracruz Tilapia</b> Quinoa Sweet Potato Kiwi <span style="color: red;">410 mg sodium</span>	<b>Kidney Bean Salad</b> 12 <b>Cajun Chicken Breast</b> Whole Wheat Pasta Green Beans Orange <span style="color: red;">400 mg sodium</span>
<b>Asian Slaw</b> 15 <b>Cashew Chicken</b> Brown Rice Stir Fry Veggies Apple <span style="color: red;">540 mg sodium</span>	<b>Arugula Salad</b> 16 <b>Turkey Italian Meatballs</b> Whole Wheat Pasta California Mix Veggies Banana <span style="color: red;">290 mg sodium</span>	<b>Spinach Salad</b> 17 <b>Black Bean Hash</b> Quinoa Roasted Carrots Strawberries <span style="color: red;">510 mg sodium</span>	<b>Bell Pepper Salad</b> 18 <b>Beef Goulash</b> WW Egg Noodles Peas Fresh Pear <span style="color: red;">390 mg sodium</span>	<b>Balela (Chickpea) Salad</b> 19 <b>Tuna Patty with Dill Sauce</b> Whole Wheat Couscous Brussels Sprouts Pineapple <span style="color: red;">590 mg sodium</span>
<b>Red Cabbage Salad</b> 22 <b>Oven Baked Chicken</b> Potato Kugel Broccoli Whole Wheat Matzo Applesauce <span style="color: red;">420 mg sodium</span>	<h1 style="font-size: 2em;">Surprise lunch today</h1>	<b>Carrot Salad</b> 24 <b>Honey Dijon Salmon</b> Quinoa Santa Barbara Veggies Kiwi <span style="color: red;">400 mg sodium</span>	<b>Broccoli Salad</b> 25 <b>Vegetarian Matzo Brei</b> Roasted Asparagus Pears <span style="color: red;">370 mg sodium</span>	<b>Quinoa Salad</b> 26 <b>Roast Beef</b> Mashed Potatoes Peas & Carrots Orange <span style="color: red;">590 mg sodium</span>
<b>Beet Salad</b> 29 <b>Chicken Tzimmes</b> Whole Wheat Matzo California Mix Veggies Banana <span style="color: red;">400 mg sodium</span>	<b>Cucumber Salad</b> 30 <b>Chimichurri Tilapia</b> Amaranth Butternut Squash Mango <span style="color: red;">230 mg sodium</span>	<p><i>Note: Meal sodium total includes entrée, 1 cup of 1% milk and all sides</i></p> <p>= higher-sodium meal</p>	<b>Rose Ceballos</b> 619-871-4866 Call or text to register with our program!	<i>Some services are funded in part by the City of San Diego's Community Development Block Grant and Alliance Healthcare Foundation</i>