




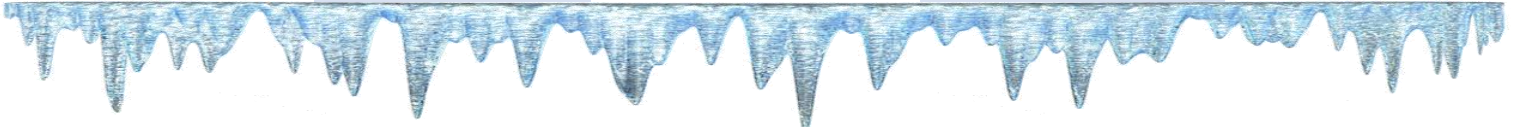


DECEMBER 2021



MAKE YOUR LUNCH RESERVATION
AT LEAST ONE BUSINESS DAY
BY 12:30pm IN ADVANCE!
510-215-3098

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12/1	12/2	12/3
 RSVP 1-DAY IN ADVANCE BEFORE 12:30PM 510-215-3098	RSVP 1-DAY IN ADVANCE BEFORE 12:30PM 510-215-3098	Cheeseburger w/Lettuce, Tomato, Onion Split Pea Soup C <u>California Vegetables</u> Hamburger Bun Catsup, Mustard, Mayo C Banana	Tuna Salad Sandwich w/Lettuce, Tomato, Onion on Whole Wheat Bread x2 Tomato Basil Soup 4 Bean Salad Citrus Fruit C	Turkey Tamale Pie w/Cornbread Topping <u>Carrots</u> Tossed Salad w/Dressing Tropical Fruit C
		12/6	12/7	12/8
C Meatloaf w/Gravy Mashed Potatoes <u>Bean Medley</u> Roll w/Butter Sliced Peaches RSVP 1-DAY IN ADVANCE BEFORE 12:30PM 510-215-3098	Alaskan Salmon Patty w/Dill Sauce Peas w/Pearl Onions Carrots Wild Rice Citrus Fruit C	C Chef's Salad w/Turkey, Eggs, Cheese, and Tomatoes Minestrone Soup Ranch Dressing Whole Wheat Crackers x2 C Seasonal Fresh Fruit	Roasted Herb Chicken over Rice <u>Steamed Spinach</u> Tossed Salad w/Dressing Mandarin Oranges C	+ Baked Ham w/Pineapple Sauce C <u>Whipped Yams</u> Green Beans Roll w/Butter Gingerbread Cake
12/13	12/14	12/15	12/16	12/17
C Breaded Pollock w/Tartar Sauce & Lemon <u>Mixed Vegetables</u> Herbed Rice Coleslaw Seasonal Fresh Fruit Ice Cream C 	Turkey & Cheese Wrap w/Lettuce & Onion Mushroom Barley Soup Garden Pea Salad Mustard, Mayonnaise Fresh Orange C	BBQ Pulled Chicken on a Bun Hearty Vegetable Soup Potato Salad C Broccoli Raisin Salad Pear Halves RSVP 1-DAY IN ADVANCE BEFORE 12:30PM 510-215-3098	Greek Salad w/Beef Strips and Greek Vinaigrette Chicken Orzo Soup Grape Tomatoes Dinner Roll w/Butter <u>Apricots</u> C	C Chicken Florentine Mashed Potatoes Asparagus Spears <u>Carrots</u> Dinner Roll w/Butter Apple Pie 
12/20	12/21	12/22	12/23	12/24
C Cheesy Lasagna Roll Up + w/Parmesan Cheese Lentil Soup Italian Vegetables C Broccoli Breadstick Mixed Fruit 	All Beef Hot Dog w/Cheese & Onions Apple Juice Coleslaw C Potato Wedges Catsup, Mustard, Relish Hot Dog Bun Sherbet C	C Turkey Dinner w/Gravy <u>Butternut Squash</u> Cauliflower Cranberry Sauce Stuffing C Strawberry Gelatin w/Strawberries C 	SAN PABLO SENIOR CENTER CLOSED	
12/27	12/28	12/29	12/30	12/31
SAN PABLO SENIOR CENTER CLOSED		SAN PABLO SENIOR CENTER CLOSED		CLOSED NEW YEAR'S EVE



NOTES

All meals served with lowfat milk.

 Vitamin A rich food
C Vitamin C rich food

+ Higher in sodium
^ Dessert of Choice