











Discovery Café | June Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served at 11:30 am Mon-Fri</p> <p>60+: \$4 suggested donation Under 60: \$5</p> <p>We appreciate all donations. No eligible person shall be denied a meal because of inability to contribute.</p>	<p>Reservations are required.</p> <p>Call (760) 744-5535, ext. 0 by noon the previous weekday to reserve.</p>	<p>Please join us for our nutrition council meeting on Monday, June 4 at 9:30 am</p>		<p>Baked Ziti Meat Sauce  ¹ Zucchini -or- Chicken Salad on Romaine Vegetable Soup Roll Diced Fruit</p> <p>Ann at the Piano</p>
<p>Beef Stroganoff Noodles ⁴ Broccoli -or- Tuna Salad Sandwich Carrot Sticks Vegetable Soup Strawberries</p> <p> Birthday Celebration</p>	<p>Ham Steak Cranberry Glaze  ⁵ Mashed Yam Salad, Roll -or- Salad Bar Chicken & Cottage Cheese Barley Soup Ambrosia</p>	<p>Baked Chicken Gravy ⁶ Red Potatoes Spinach Salad, Roll -or- Cottage Cheese & Fruit on Romaine Split Pea Soup Roll Peach Cobbler</p>	<p>Beef & Cabbage Casserole ⁷ Mashed Potatoes Mixed Vegetables Roll -or- Salad Bar Hardboiled Egg & Tuna Minestrone Soup Orange Wedges</p>	<p>Shredded Pork Gravy  ⁸ Rice Mixed Vegetables -or- Salad w/Diced Ham Lentil Soup Cantaloupe</p>
<p>Breaded Fish Tartar Sauce ¹¹ Au Gratin Potatoes Mixed Vegetables, Roll -or- Cottage Cheese & Fruit on Romaine Chicken & Rice Soup Wheat Cracker Strawberries</p>	<p>Chili w/Beans ¹² Peas Salad, Cornbread -or- Salad Bar Chicken & Cottage Cheese Vegetable Soup  Fresh Melon</p>	<p>Turkey & Stuffing Casserole ¹³ Brussel Sprouts Roll -or- Egg Salad Sandwich Barley Soup Salad Pear-Cranberry Compote</p>	<p>Chicken Cacciatori Herbed Pasta  ¹⁴ Spinach -or- Salad Bar Hardboiled Egg & Tuna Beef Vegetable Soup Jell-O w/Mandarin Oranges</p>	<p>Roast Beef Gravy ¹⁵ Mashed Potatoes Mixed Vegetables -or- Chicken Caesar Salad w/Carrots Cream of Tomato Soup Apple Crisp</p> <p>Father's Day Luncheon</p>
<p>BBQ Beef on a Bun ¹⁸ Corn  Coleslaw -or- Egg Salad on Greens Carrot Sticks Tomato Soup Wheat Cracker Banana</p>	<p>Veggie Lasagna ¹⁹ Italian Blend Vegetables Spinach Salad, Roll -or- Salad Bar Chicken & Cottage Cheese Barley Soup Pineapple Chunks</p>	<p>Oven Fried Chicken ²⁰ Peas & Carrots Baked Beans Roll -or- Beef Wrap w/Lettuce & Cheese Lentil Soup  Orange Wedges</p>	<p>Cheeseburger ²¹ Potato Wedges Green Beans -or- Salad Bar Hardboiled Egg & Tuna Vegetable Soup Strawberries</p>	<p>Turkey a la King Biscuit ²² Zucchini -or- Cottage Cheese & Fruit on Romaine Chicken Noodle Soup Wheat Cracker Melon</p> <p>Movie Matinee</p>
<p>Lemon Pepper Chicken ²⁵ Rice Pilaf Broccoli & Carrots -or- Tuna Salad on Romaine w/Carrots Vegetable Soup Roll Pineapple Crisp</p>	<p>Beef & Macaroni Casserole ²⁶ Cauliflower, Salad -or- Salad Bar Chicken & Cottage Cheese Chicken Soup Spiced Apples</p> <p>Lora at the Piano</p>	<p>Pulled Pork Taco w/Lettuce  ²⁷ Refried Beans, Rice -or- Caesar Salad w/Turkey Black Bean Soup Melon</p>	<p>Baked Whitefish Tartar Sauce ²⁸ Garlic Red Potatoes Green Beans, Roll -or- Salad Bar Hardboiled Egg & Tuna Tomato Soup  Tropical Fruit</p>	<p>Swedish Meatballs Whole Wheat Pasta ²⁹ Mixed Vegetables -or- Ham & Cheese Sandwich Minestrone Soup Salad Strawberries</p> <p>Ann at the Piano</p>



Meal contains 1,000 mg of sodium or more



Ice Cream Social

This program is supported by Older American Act Funds awarded by the County of San Diego Aging & Independence Services and the City of San Marcos. The menu is subject to change without notice. Our Nutrition Program is dedicated to Bill Rourke.