



CONGREGATE NUTRITION PROGRAM

The Congregate Nutrition Program is partially subsidized by Older American Act Funds. There is a suggested donation for meals, but everyone 60 and over is welcome, regardless of ability to contribute. Meals are prepared and served by Daly City staff with support of volunteers.

Lunch is served Monday through Friday at 12:00 pm.

All luncheons have limited space, with special event days filling up fast. It is recommended that lunch tickets are obtained in advance. For more information, contact specific locations.



DOELGER SENIOR CENTER

101 Lake Merced Boulevard
\$3.50 suggested donation for those 60 years and over
\$7.00 charge for those under 60 years
Contact us at (650) 991 – 8012.

LINCOLN COMMUNITY CENTER

901 Brunswick Street
\$2.00 suggested donation for those 60 years and over
\$7.00 charge for those under 60 years
Contact us at (650) 991 – 8018.

VOLUNTEER OPPORTUNITIES

Volunteers support staff in preparing for the Congregate Nutrition Program at each location. Volunteers prep and cook food, as well as serve and clean up. For more information contact specific location.

JANUARY 2018

ALL MEALS SERVED WITH:
1 slice of Whole Wheat Bread
1/2 cup Serving of Fruit
8 oz. of 1% Low Fat Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NEW YEAR'S DAY CENTERS CLOSED	2 Chicken Verde Spanish Rice, Whole Pinto Beans, Vegetables, & Fruit	3 Minestrone Soup Tossed Salad, & Fruit	4 ***** New Year's Brunch @11:15am French Toast Scrambled Eggs, Potatoes & Sausage, Orange Juice, & Fruit	5 Herb Crusted Fish Tarter Sauce, Rice, Vegetables, & Fruit
8 Taco Salad Plate w/ or w/o Meat & Fruit	9 Tamale Pie Casserole Tossed Salad, & Fruit	10 ***** Birthday Celebration Marinated Pork Roast w/ Mushroom Gravy Mashed Potatoes, Steamed Vegetables, Fruit, & Birthday Cake	11 Spinach & Cheese Lasagna Rolls w/ Meat Sauce Tossed Salad, & Fruit	12 Salmon Burger on Whole Wheat Bun, Sweet Potato Fries, Lettuce & Tomato, & Fruit
15 MARTIN LUTHER KING, JR. DAY CENTERS CLOSED	16 Brandy Pork Chop Wheat Herbed Pasta, Vegetables, & Fruit	17 Chef Salad Hard Boiled Egg, & Fruit	18 Hamburger Steak w/ Mushroom-Onion Gravy Steamed Vegetables, Brown Rice, & Fruit	19 Open Face Turkey Sandwich Mashed Potatoes, Vegetables, & Fruit
22 Beef & Spinach Ravioli Green Salad, & Fruit	23 Fish & Chips Tarter Sauce, Vegetables, & Fruit	24 Chili Con Carne w/ Beans Corn Chips, Green Salad, & Fruit	25 Baked Chicken Mushroom & Barley Casserole Vegetables, & Fruit	26 Salisbury Steak Potatoes, Vegetables, & Fruit
29 Chicken Fettuccine Alfredo Vegetables, & Fruit	30 French Dip Sandwich Carrot Raisin Salad, Parsely Potatoes, & Fruit	31 Penne Pasta w/Meat sauce Tossed Salad, & Fruit	***** SPECIAL EVENTS \$5.00 suggested donation for those 60 years and over \$10.00 charge for those under 60 years	

FEBRUARY 2018

ALL MEALS SERVED WITH:
 1 slice of Whole Wheat Bread
 1/2 cup Serving of Fruit
 8 oz. of 1% Low Fat Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***** SPECIAL EVENTS \$5.00 suggested donation for those 60 years and over \$10.00 charge for those under 60 years</p>			<p>1 Baked Fish w/ Tarter Sauce Rice, Vegetables, & Fruit</p>	<p>2 Honey Glazed Baked Ham Sweet Potatoes, Vegetables, & Fruit</p>
<p>5 Beef & Bean Enchilada Casserole Tossed Salad, & Fruit</p>	<p>6 Chicken Fried Chicken Mushroom Gravy, Brown Rice, Vegetables, & Fruit</p>	<p>7 Chicken Parmesan over Linguine Noodles Vegetables, & Fruit</p>	<p>8 Spaghetti w/ Meatballs Tossed Salad, & Fruit</p>	<p>9 Teriyaki Chicken Brown Rice, Vegetables, & Fruit</p>
<p>12 Vegetable Soup & 1/2 Turkey Sandwich on Whole Wheat Bread, Lettuce & Tomato, & Fruit</p>	<p>13 Baked Fish w/Lemon Caper Sauce Rice Pilaf, Vegetables, & Fruit</p>	<p>14 ***** Birthday Celebration Beef Short Ribs Potatoes, Vegetables, Fruit & Birthday Cake</p>	<p>15 Open Face Meat Loaf Sandwich w/ Gravy Steamed Potatoes, Vegetables, & Fruit</p>	<p>16 Sweet & Sour Pork Steamed Rice, Vegetables, & Fruit</p>
<p>19 PRESIDENTS' DAY CENTERS CLOSED</p>	<p>20 ***** Chinese New Year Celebration Peking Pork Chop Vegetable Chow Mein, Steamed Pot Sticker, Fruit, & Fortune Cookie</p>	<p>21 Baked Salmon Penne Pasta, Vegetables, & Fruit</p>	<p>22 Beef Stew Corn Bread, Tossed Salad, & Fruit</p>	<p>23 Beef Hot Dog w/ Chili Shredded Cheese, Onions, Potato Chips, Green Salad, & Fruit</p>
<p>26 Baked Chicken w/ BBQ Sauce Baked Beans, Vegetables, & Fruit</p>	<p>27 Turkey Pot Pie Tossed Salad, & Fruit</p>	<p>28 KITCHEN CLOSED FOR CLEANING DELI OPEN</p>		

MARCH 2018

ALL MEALS SERVED WITH:
 1 slice of Whole Wheat Bread
 1/2 cup Serving of Fruit
 8 oz. of 1% Low Fat Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***** SPECIAL EVENTS \$5.00 suggested donation for those 60 years and over \$10.00 charge for those under 60 years</p>			<p>1 Turkey Burger on Whole Wheat Bun, Lettuce & Tomato, Roasted Potato, Coleslaw, & Fruit</p>	<p>2 Beef Stroganoff over Egg Noodles Vegetables, & Fruit</p>
<p>5 Ham & Cheese Sandwich on a Roll Lettuce & Tomato, Macaroni Salad, & Fruit</p>	<p>6 Chicken-Cheese Enchiladas Spanish Rice, Tomato & Onion Salad, & Fruit</p>	<p>7 Crusted Baked Fish Rice, Vegetables, & Fruit</p>	<p>8 Brandy Pork Chop Herbed Pasta, Vegetables, & Fruit</p>	<p>9 Roasted Turkey Breast Potatoes, Vegetables, & Fruit</p>
<p>12 Rigatoni w/ Meat Sauce Tossed Salad & Fruit</p>	<p>13 Pulled Pork on Whole Wheat Bun, Baked Garlic Fries, Coleslaw, & Fruit</p>	<p>14 ***** Birthday Celebration Beef Pot Roast Mashed Potatoes, Vegetables, Fruit, & Birthday Cake</p>	<p>15 Beef & Barley Soup Corn Bread, Tossed Salad, & Fruit</p>	<p>16 ***** St. Patrick's Day Celebration Corned Beef & Cabbage Potatoes & Carrots, Irish Soda Bread, & Fruit HIGH IN SODIUM</p>
<p>19 Hunter-Style Chicken Potatoes, Vegetables, & Fruit</p>	<p>20 Beef & Broccoli over Brown Rice, & Fruit</p>	<p>21 KITCHEN CLOSED FOR VOLUNTEER AWARDS</p>	<p>22 Volunteer Awards Lunch Prime Rib or Baked Salmon Potatoes or Wild Rice, Creamed Spinach</p>	<p>23 Baked Fish Tarter Sauce, Rice Pilaf, Vegetables, & Fruit</p>
<p>26 Chicken Tortilla Soup w/ Black Beans, Corn Bread, & Fruit</p>	<p>27 Baked Salmon Garlic Noodles, Vegetables, & Fruit</p>	<p>28 Enchilada Casserole Tossed Salad & Fruit</p>	<p>29 Herb Crusted Chicken Pasta w/ Marinara Sauce, Vegetables, & Fruit</p>	<p>30 Spring Lunch Baked Ham Pineapple Sauce, Sweet Potato, Vegetables, & Fruit</p>