



# 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.

## APRIL 2017

**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
<b>3</b> <b>Beef &amp; Spinach Ravioli</b> Tossed Salad & Fruit	<b>4</b> <b>Parmesan Crusted Chicken</b> Potatoes, Vegetables, & Fruit	<b>5</b> <b>Meatballs with Mushroom Gravy</b> Rice, Vegetables, & Fruit	<b>6</b> <b>Beef Burgundy over Potatoes</b> Green Salad & Fruit	<b>7</b> <b>Chef Salad with or without Meat</b> Hard Boiled Egg & Fruit
<b>10</b> <b>Minestrone Soup &amp; 1/2 Turkey Sandwich with Lettuce &amp; Tomato</b> Fruit	<b>11</b> <b>Clam Chowder</b> Corn Bread, Tossed Salad, & Fruit	<b>12</b> <b>Enchilada Casserole with Refried Beans &amp; Spanish Rice</b> Vegetables & Fruit <i>*HIGH IN SODIUM*</i>	<b>13</b> <b>SEDER CELEBRATION</b> <b>Matzo Ball Soup</b> <b>Roast Chicken with Matzo Stuffing</b> Vegetables, Apple Kugel, & Fruit	<b>14</b> <b>Spring Lunch</b> <b>Baked Ham with Pineapple Sauce</b> Sweet Potato Soufflé, Vegetables, & Fruit
<b>17</b> <b>Crustless Quiche with Mushrooms, Spinach &amp; Sausage</b> Baked French Fries, Green Salad, & Fruit <i>*HIGH IN SODIUM*</i>	<b>18</b> <b>Curry Chicken</b> Yellow Rice, Vegetables, & Fruit	<b>19</b> <b>Birthday Celebration</b> <b>Doelger Pot Roast &amp; Mashed Potatoes</b> Vegetables, Birthday Cake, & Fruit	<b>20</b> <b>Herb Butter Salmon</b> Garlic Noodles, Vegetables, & Fruit	<b>21</b> <b>Open Face Turkey Sandwich</b> Mashed Potatoes, Vegetables, & Fruit
<b>24</b> <b>Turkey Chili with Beans</b> Corn Chips, Garden Salad, & Fruit	<b>25</b> <b>Vegetable Lasagna</b> Spinach Salad & Fruit	<b>26</b> <b>Pork Chop with Sweet 'n' Sour Sauce</b> Chow Mein Noodles, Vegetables, & Fruit	<b>27</b> <b>Chicken Vera Cruz</b> Spanish Style Rice, Vegetables, & Fruit	<b>28</b> <b>Baked Ziti (Pasta)</b> Tossed Salad & Fruit

# MAY 2017

**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
<b>1</b> <b>Chicken Marsala</b> Pasta, Vegetables, & Fruit	<b>2</b> <b>Beef Liver with Bacon &amp; Onions</b> Potatoes Wedges, Vegetables, & Fruit	<b>3</b> <b>BLT Sandwich on Whole Wheat Bread</b> Carrot & Raisin Salad, Baked Beans, & Fruit	<b>4</b> <b>Lei Day Celebration Kalua Pork &amp; Chicken Long Rice</b> Cabbage, Island Yams, & Fruit	<b>5</b> <b>CINCO DE MAYO Fish Tacos &amp; Cilantro-Lime Rice</b> Black Bean & Corn Salsa, Tortilla Chips, & Fruit
<b>8</b> <b>Sweet 'n' Sour Pork over Rice</b> Vegetables & Fruit	<b>9</b> <b>Chicken Tortilla Soup</b> Tossed Salad, Cornbread, & Fruit	<b>10</b> <b>Birthday Celebration Leg Quarter with Spinach &amp; Mushroom Stuffing</b> Vegetables, Fruit, & Birthday Cake	<b>11</b> <b>Mother's Day Lunch &amp; Fashion Show Baked Salmon with Lemon Sauce</b> Rice Pilaf, Creamed Spinach, & Fruit	<b>12</b> <b>Beef Stew with Pearl Onions</b> New Potatoes, Vegetables, & Fruits
<b>15</b> <b>Chicken Parmesan</b> Roasted Potatoes, Vegetable, & Fruit	<b>16</b> <b>Beef Hot Dog with Chili con Carne &amp; Shredded Cheese</b> Baked French Fries, Green Salad, & Fruit	<b>17</b> <b>Teriyaki Beef with Brown Rice</b> Stir-Fry Vegetables & Fruit	<b>18</b> <b>Brandy Pork Chop</b> Garlic & Parmesan Pasta, Vegetables, & Fruit	<b>19</b> <b>Rigatoni with Meat Sauce</b> Green Salad, Vegetables, & Fruit
<b>22</b> <b>Hunter-Style Chicken</b> Roasted Potatoes, Vegetables, & Fruit	<b>23</b> <b>Herb-Crusted Salmon</b> Rice Pilaf, Vegetables, & Fruit	<b>24</b> <b>Scandinavian Meatballs over Noodles</b> Vegetables & Fruit	<b>25</b> <b>Roasted Chicken with Country Gravy</b> Potatos, Vegetables, & Fruit	<b>26</b> <b>MEMORIAL DAY LUNCH BBQ Pork Ribs</b> Baked Beans, Potato Salad, Vegetables & Fruit
<b>29</b> <b>MEMORIAL DAY</b> Doelger Closed & Lincoln Closed	<b>30</b> <b>Baked Chicken with Plum Sauce</b> Oven Roasted Potatoes, Vegetables, & Fruit	<b>31</b> <b>Baked Fish</b> Rice Pilaf, Vegetables, & Fruit		

# JUNE 2017

**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
			<b>1</b> <b>Hot Open-Face Turkey Sandwich</b> Mashed Potatoes, Vegetables, Cranberry Sauce, & Fruit	<b>2</b> <b>Chicken Cheese Enchilada Casserole</b> Refried Beans & Fruit
<b>5</b> <b>Hamburger Steak with Mushroom &amp; Onion Gravy</b> Vegetables & Fruit	<b>6</b> <b>Beef &amp; Spinach Ravioli</b> Vegetables & Fruit	<b>7</b> <b>French Dip Sandwich</b> Potato Wedges, Coleslaw, & Fruit	<b>8</b> <b>Chili with Beans</b> Tossed Salad, Cornbread, & Fruit	<b>9</b> <b>Brandy Pork Chop</b> Herb Pasta, Vegetables, & Fruit
<b>12</b> <b>Herb Crusted Fish</b> Rice, Vegetables, & Fruit	<b>13</b> <b>Taco Salad Plate</b> Fruit	<b>14</b> <b>BIRTHDAY CELEBRATION Chicken Cacciatore</b> Mashed Potatoes, Vegetables, Fruit, & Birthday Cake	<b>15</b> <b>Chef or Vegetable Salad</b> Hard-Boiled Egg & Fruit	<b>16</b> <b>Father's Day Lunch Prime Rib</b> Potatoes, Vegetables, & Fruit
<b>19</b> <b>Spaghetti and Meatballs with Meat Sauce</b> Green Salad & Fruit	<b>20</b> <b>Chicken Vera Cruz</b> Spanish Rice, Vegetables, & Fruit	<b>21</b> <b>Baked Ham</b> Mashed Sweet Potatoes, Vegetables, & Fruit	<b>22</b> <b>Beef Stir-Fry</b> Chow Mein Noodles, Vegetables, & Fruit	<b>23</b> <b>Chicken Pot Pie</b> Shades of Green Salad & Fruit
<b>26</b> <b>Baked Chicken with Marinara Sauce</b> Vegetables & Fruit	<b>27</b> <b>Beef Stew over Potatoes</b> Cornbread & Fruit	<b>28</b> <b>Baked Fish with Lemon</b> Rice, Vegetables, & Fruits	<b>29</b> <b>Kitchen Closed for Independence Day</b> Celebration Prep. Lunch provided by outside approved vendor	<b>30</b> <b>Independence Day Celebration</b>