



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.

OCTOBER 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
2 French Toast Spinach-Sausage Quiche, Fall Salad, & Fruit	3 Baked Fish Fettuccini w/ Alfredo Sauce, Vegetables, & Fruit	4 Minestrone Soup w/ Ham Corned Bread, Tossed Salad, & Fruit	5 Chicken Parmesan Potatoes, Vegetables, & Fruit	6 Vegetable Lasagna Tossed Salad, & Fruit
9 Orange Chicken Rice, Vegetables, & Fruit	10 Club Sandwich w/ Turkey and Bacon Cup of Vegetable Soup, Lettuce & Tomato, & Fruit	11 ***** ***** Birthday Celebration Baked Chicken w/ Country Gravy Rice, Vegetables, Fruit, & Birthday Cake	12 Brandy Pork Chop Rice Pilaf, Vegetables, & Fruit	13 Chicken Pot Pie Tossed Salad, & Fruit
16 Beef-Barley Soup Cornbread, Spinach & Tomato Salad, & Fruit	17 Vegetable & Chicken Stir Fry Over Chow Mein Noodles & Fruit	18 Beef Stroganoff Over Noodles Vegetables, & Fruit	19 Chicken w/ Plum Sauce Rice Pilaf, Vegetables, & Fruit	20 Baked Fish w/ Tarter Sauce Sweet Potato, Vegetables, & Fruit
23 Penne Pasta w/ Meat Sauce Caesar Salad, & Fruit	24 Baked Chicken Thighs Potatoes, Vegetables, & Fruit	25 Chef or Vegetarian Salad Hard Boiled Egg & Fruit *HIGH IN SODIUM*	26 Pepper Steak Over Rice Vegetables, & Fruit	27 Pulled Pork Verde Tacos w/ Lettuce & Tomatoes, Refried Beans, & Fruit
30 Chili Dog w/ Bun Baked French Fries, Vegetable Sticks, & Fruit *HIGH IN SODIUM*	31 ***** ***** Halloween Celebration Baked Salmon w/ Lemon Cream Sauce Angel Hair Pasta, Vegetables, Fruit, & Pumpkin Dessert		***** SPECIAL EVENTS \$5.00 suggested donation for those 60 years and over \$10.00 charge for those under 60 years	

NOVEMBER 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
<p>*****</p> <p>SPECIAL EVENTS</p> <p>\$5.00 suggested donation for those 60 years and over \$10.00 charge for those under 60 years</p>		<p>1</p> <p>Tamale Pie Spinach Salad, & Fruit</p>	<p>2</p> <p>Grilled Chicken Black Beans, Vegetables, & Fruit</p>	<p>3</p> <p>Beef Burgundy Potatoes, Vegetables, & Fruit</p>
<p>6</p> <p>Glazed Pork Loin Potatoes, Vegetables, & Fruit</p>	<p>7</p> <p>Chicken Marsala Angel Hair Pasta, Vegetables, & Fruit</p>	<p>8 *****</p> <p>BirthDay Celebration Lemon & Honey Glazed Chicken Leg Quarters Rice Pilaf, Vegetables, Fruit & Birthday Cake</p>	<p>9</p> <p>Beef-Bean Enchiladas Casserole Spanish Rice, Salad, & Fruit</p>	<p>10</p> <p>VETERANS DAY CENTERS CLOSED</p>
<p>13</p> <p>Turkey Meatballs w/ Sweet n Sour Sauce Brown Rice, Vegetables, & Fruit</p>	<p>14</p> <p>Brandy Pork Chop Sweet Potatoes, Vegetables, & Fruit</p>	<p>15</p> <p>Pasta Bolognese Roasted Potatoes, Carrot Raisin Salad, & Fruit</p>	<p>16 *****</p> <p>Thanksgiving Celebration Roast Turkey Mashed Potatoes, Apple-Nut Dressing, Peas & Carrots, Fruit, & Pumpkin Pie</p>	<p>17</p> <p>Baked Fish Herbed Pasta, Vegetables, & Fruit</p>
<p>20</p> <p>Chili Con Carne Cornbread, Tossed Salad, & Fruit</p>	<p>21 *****</p> <p>Thanksgiving Celebration Roast Turkey Mashed Potatoes, Cornbread Dressing, Peas & Carrots, Fruit, & Pumpkin Pie</p>	<p>22</p> <p>Turkey Soup Tossed Salad & Fruit</p>	<p>23</p> <p>THANKSGIVING DAY CENTERS CLOSED</p>	<p>24</p> <p>THANKSGIVING HOLIDAY CENTERS CLOSED</p>
<p>27</p> <p>Spaghetti w/ Meatballs Garlic Bread, Green Salad, & Fruit</p>	<p>28</p> <p>Hunter-Style Chicken Brown Rice, Vegetables, & Fruit</p>	<p>29</p> <p>Beef Liver w/ Bacon & Onions Potatoes, Vegetables, & Fruit</p>	<p>30</p> <p>VOLUNTEER HOLIDAY SOCIAL NO LUNCH (Lincoln Open)</p>	

DECEMBER 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
<p>*****</p> <p>SPECIAL EVENTS</p> <p>\$5.00 suggested donation for those 60 years and over \$10.00 charge for those under 60 years</p>				<p>1</p> <p>Salisbury Steak Mashed Potatoes, Vegetables, & Fruit</p>
<p>4</p> <p>1/2 Roast Beef Sandwich on Wheat Vegetable Soup, Carrot Salad, & Fruit</p>	<p>5</p> <p>Baked Chicken w/BBQ Sauce Herb Roasted Potatoes, Vegetables, & Fruit</p>	<p>6</p> <p>Spinach, Bacon, & Cheese Frittata Sweet Potatoes, Vegetables, & Fruit</p>	<p>7</p> <p>Baked Fish Rice, Vegetables, & Fruit</p>	<p>8</p> <p>Honey-Soy Chicken Over Rice Vegetables & Fruit</p>
<p>11</p> <p>Meat Lasagna Spinach Salad & Fruit</p>	<p>12</p> <p>Smothered Pork Chop Rice, Vegetables, & Fruit</p>	<p>13 *****</p> <p>BirthDay Celebration Meatloaf Barley Mushroom, Casserole, Vegetables, Fruit, & Birthday Cake</p>	<p>14 *****</p> <p>Latke Celebration Roast Chicken Potato Pancake, Applesauce, Vegetables, & Fruit</p>	<p>15</p> <p>Pot Roast Potatoes, Vegetables, & Fruit</p>
<p>18</p> <p>Baked Fish w/Lemon Caper Sauce Rice, Vegetables, & Fruit</p>	<p>19</p> <p>Baked Ham Sweet Potatoes, Vegetables, & Fruit</p>	<p>20 *****</p> <p>Holiday Celebration Prime Rib Baked Potato, Vegetables, Fruit, & Pumpkin Pie</p>	<p>23 *****</p> <p>Holiday Celebration Prime Rib Baked Potato, Vegetables, Fruit, & Pumpkin Pie</p>	<p>22</p> <p>CENTERS CLOSED @ 12:00 NOON</p>
<p>25</p> <p>CHRISTMAS DAY CENTERS CLOSED</p>	<p>26</p> <p>Beef-Bean Tostada Plate Fruit</p>	<p>27</p> <p>Corned Beef & Cabbage Potatoes, Vegetables, & Fruit Deli Closed All Week</p>	<p>28</p> <p>Chicken Adobo Rice, Vegetables, & Fruit</p>	<p>29</p> <p>CENTERS CLOSED @ 12:00 NOON</p>