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.

### JANUARY 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NEW YEAR’S DAY CENTERS CLOSED</td>
<td>Chicken Verde</td>
<td>Minestrone Soup</td>
<td>New Year’s Brunch</td>
<td>Herb Crusted Fish</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Spanish Rice, Whole Pinto Beans, Vegetables, &amp; Fruit</td>
<td>Tossed Salad, &amp; Fruit</td>
<td>@11:15am</td>
<td>Tarter Sauce, Rice, Vegetables, &amp; Fruit</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Taco Salad Plate w/ or w/o Meat &amp; Fruit</td>
<td>Tamale Pie Casserole</td>
<td>Birthday Celebration Marinated Pork Roast w/ Mushroom Gravy</td>
<td>Spinach &amp; Cheese Lasagna Rolls w/ Meat Sauce</td>
<td>Salmon Burger on Whole Wheat Bun, Sweet Potato Fries, Lettuce &amp; Tomato, &amp; Fruit</td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MARTIN LUTHER KING, JR. DAY CENTERS CLOSED</td>
<td>Brandy Pork Chop</td>
<td>Chef Salad</td>
<td>Hamburger Steak w/ Mushroom-Onion Gravy</td>
<td>Open Face Turkey Sandwich</td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef &amp; Spinach Ravioli</td>
<td>Fish &amp; Chips</td>
<td>Chili Con Carne w/ Beans</td>
<td>Baked Chicken Mushroom &amp; Barley Casserole</td>
<td>Salisbury Steak</td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Salad, &amp; Fruit</td>
<td>Tarter Sauce, Vegetables, &amp; Fruit</td>
<td>Corn Chips, Green Salad, &amp; Fruit</td>
<td>Vegetables, &amp; Fruit</td>
<td>Potatoes, Vegetables, &amp; Fruit</td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Fettuccine Alfredo</td>
<td>French Dip Sandwich</td>
<td>Penne Pasta w/ Meat sauce</td>
<td>SPECIAL EVENTS</td>
<td>SPECIAL EVENTS</td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables, &amp; Fruit</td>
<td>Carrot Raisin Salad, Parsely Potatoes, &amp; Fruit</td>
<td>Tossed Salad, &amp; Fruit</td>
<td>$5.00 suggested donation for those 60 years and over</td>
<td>$10.00 charge for those under 60 years</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### FEBRUARY 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Beef &amp; Bean Enchilada Casserole Tossed Salad, &amp; Fruit</td>
<td>6 Chicken Fried Chicken Mushroom Gravy, Brown Rice, Vegetables, &amp; Fruit</td>
<td>7 Chicken Parmesan over Linguine Noodles Vegetables, &amp; Fruit</td>
<td>1 Baked Fish w/ Tarter Sauce Rice, Vegetables, &amp; Fruit</td>
<td>2 Honey Glazed Baked Ham Sweet Potatoes, Vegetables, &amp; Fruit</td>
</tr>
<tr>
<td>12 Vegetable Soup &amp; 1/2 Turkey Sandwich on Whole Wheat Bread, Lettuce &amp; Tomato, &amp; Fruit</td>
<td>13 Baked Fish w/ Lemon Caper Sauce Rice Pilaf, Vegetables, &amp; Fruit</td>
<td>14 Birthday Celebration Beef Short Ribs Potatoes, Vegetables, Fruit &amp; Birthday Cake</td>
<td>15 Open Face Meat Loaf Sandwich w/ Gravy Steamed Potatoes, Vegetables, &amp; Fruit</td>
<td>16 Sweet &amp; Sour Pork w/ Gravy Steamed Rice, Vegetables, &amp; Fruit</td>
</tr>
<tr>
<td>19 PRESIDENTS’ DAY CENTERS CLOSED</td>
<td>20 Chinese New Year Celebration Peking Pork Chop Vegetable Chow Mein, Steamed Pot Sticker, Fruit, &amp; Fortune Cookie</td>
<td>21 Baked Salmon Penne Pasta, Vegetables, &amp; Fruit</td>
<td>22 Beef Stew Corn Bread, Tossed Salad, &amp; Fruit</td>
<td>23 Beef Hot Dog w/ Chili Shredded Cheese, Onions, Potato Chips, Green Salad, &amp; Fruit</td>
</tr>
<tr>
<td>26 Baked Chicken w/ BBQ Sauce Baked Beans, Vegetables, &amp; Fruit</td>
<td>27 Turkey Pot Pie Tossed Salad, &amp; Fruit</td>
<td>28 KITCHEN CLOSED FOR CLEANING DELI OPEN</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ALL MEALS SERVED WITH:**

- 1 slice of Whole Wheat Bread
- 1/2 cup Serving of Fruit
- 8 oz. of 1% Low Fat Milk

---

### MARCH 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Ham &amp; Cheese Sandwich on a Roll Lettuce &amp; Tomato, Macaroni Salad, &amp; Fruit</td>
<td>6 Chicken-Cheese Enchiladas Spanish Rice, Tomato &amp; Onion Salad, &amp; Fruit</td>
<td>7 Crusted Baked Fish Rice, Vegetables, &amp; Fruit</td>
<td>1 Turkey Burger on Whole Wheat Bun, Lettuce &amp; Tomato, Roasted Potato, Coleslaw, &amp; Fruit</td>
<td>2 Beef Stroganoff over Egg Noodles Vegetables, &amp; Fruit</td>
</tr>
<tr>
<td>19 Hunter-Style Chicken Potatoes, Vegetables, &amp; Fruit</td>
<td>20 Beef &amp; Broccoli over Brown Rice, &amp; Fruit</td>
<td>21 KITCHEN CLOSED FOR VOLUNTEER AWARDS</td>
<td>22 Volunteer Awards Lunch Prime Rib or Baked Salmon Potatoes or Wild Rice, Creamed Spinach</td>
<td>23 Baked Fish Tarter Sauce, Rice Pilaf, Vegetables, &amp; Fruit</td>
</tr>
<tr>
<td>26 Chicken Tortilla Soup w/ Black Beans, Corn Bread, &amp; Fruit</td>
<td>27 Baked Salmon Garlic Noodles, Vegetables, &amp; Fruit</td>
<td>28 Enchilada Casserole Tossed Salad &amp; Fruit</td>
<td>29 Herb Crusted Chicken Pasta w/ Marinara Sauce Vegetables, &amp; Fruit</td>
<td>30 Spring Lunch Baked Ham Pineapple Sauce, Sweet Potato, Vegetables, &amp; Fruit</td>
</tr>
</tbody>
</table>

**ALL MEALS SERVED WITH:**

- 1 slice of Whole Wheat Bread
- 1/2 cup Serving of Fruit
- 8 oz. of 1% Low Fat Milk

---

**SPECIAL EVENTS**

$5.00 suggested donation for those 60 years and over
$10.00 charge for those under 60 years