



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.

JULY 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	
3 Lemon Pepper Baked Fish Rice, Vegetables, & Fruit	4 INDEPENDENCE DAY Doelger Closed & Lincoln Closed	5 Vegetable Soup & 1/2 Roast Beef Sandwich on Whole Wheat Bread w/ Lettuce & Tomato, Fruit	6 Smothered Chicken w/ Onion Gravy Rice, Vegetables, & Fruit	7 Whole Tuna Salad Sandwich on a Roll w/ Lettuce & Tomato Corn Chips, Potato Salad, & Fruit	
10 Chicken & Broccoli Penne Alfredo Tossed Salad, & Fruit	11 Taco Salad Plate Chips & Salsa, & Fruit	12 ***** Birthday Celebration Marinated Pork Loin Baked Sweet Potato, Vegetables, Birthday Cake, & Fruit	13 Parmesan Crusted Baked Salmon w/ Garlic Noodles Vegetables, & Fruit	14 Tuscan Chicken Breast w/ Polenta Vegetables, & Fruit	
17 Split Pea Soup w/ Ham Cornbread, Tossed Salad, & Fruit	18 Salmon Burger on Whole Wheat Bun w/ Lettuce & Tomato, Roasted Potatoes, Cole Slaw, & Fruit	19 Rigatoni w/ Meat Sauce Green Salad, & Fruit	20 Brandy Pork Chop Rice Pilaf, Vegetables, & Fruit	21 Tamale Pie Tossed Salad, & Fruit	
24 Teriyaki Meatballs over Pasta Noodles Vegetables, & Fruit	25 Chicken Fajitas Black Beans, Rice, & Fruit	26 Hamburger Steak w/ Mushroom & Onion Gravy, Potatoes, Vegetables, & Fruit	27 Beef & Broccoli over Rice Vegetables, & Fruit	28 Open Face Meat Loaf Sandwich Potatoes, Vegetables, & Fruit	
31 Cheese Tortellini 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		

AUGUST 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 donation for 60 yrs+ \$10.00 charge for under 60 yrs</p>	<p>1</p> <p>Teriyaki Chicken Breast on Whole Wheat Bun Herbed Potatoes, Cole Slaw, & Fruit</p>	<p>2</p> <p>Salisbury Steak w/ Gravy Potatoes, Vegetables, & Fruit</p>	<p>3</p> <p>Baked Salmon w/ Lemon Herbed Rice Pilaf, Vegetables, & Fruit</p>	<p>4</p> <p>Chicken Primavera over Linguine Noodles Spinach Salad, & Fruit</p>
<p>7</p> <p>Cheese Burger w/ Baked Parmesan & Herb French Fries Lettuce, Tomato, & Dill Pickles, & Fruit</p>	<p>8</p> <p>Chicken Tortilla Soup w/ Black Beans Tossed Salad, Cornbread, & Fruit</p>	<p>9 *****</p> <p>Birthday Celebration Chicken Cacciatore over Polenta Vegetables, Birthday Cake, & Fruit</p>	<p>10</p> <p>Spaghetti w/ Meatballs Spinach Salad, & Fruit</p>	<p>11</p> <p>Beef Liver w/Onions & Bacon Roasted Potatoes, Vegetables, & Fruits</p>
<p>14</p> <p>Caesar Salad w/wo Chicken Hard Boiled Egg, & Fruit</p>	<p>15</p> <p>Stuffed Bell Pepper Mashed Potatoes, Vegetables, & Fruit</p>	<p>16</p> <p>French Dip Sandwich Roasted Potatoes, Carrot Raisin Salad, & Fruit</p>	<p>17</p> <p>Baked Ham w/ Pineapple Sauce Sweet Potatoes, Vegetables, & Fruit</p>	<p>18</p> <p>Meat Lasagna Garlic Bread, Tossed Salad, & Fruit</p>
<p>21</p> <p>Minestrone Soup Cornbread, Tossed Salad, & Fruit</p>	<p>22</p> <p>Chicken & Mushroom Tetrazzini Angel Hair Pasta, Vegetables, & Fruit</p>	<p>23</p> <p>Fish Vera Cruz Rice, Vegetables, & Fruit</p>	<p>24</p> <p>Lemon Pepper & Caper Chicken Herbed Rice, Vegetables, & Fruit</p>	<p>26</p> <p>Sweet & Sour Pork Chow Mein, Stir-Fry Vegetables, & Fruit</p>
<p>28</p> <p>Baked Chicken Thighs Brown Rice, Vegetables, & Fruit</p>	<p>29</p> <p>Hamburger w/Grilled Onions & Mushrooms Roasted Potatoes, Lettuce, Tomato, & Fruit</p>	<p>30</p> <p>Kitchen Closed for Cleaning Deli Open, Lincoln Open</p>	<p>31</p> <p>Roasted Turkey Breast Stuffing, Vegetables, & Fruit</p>	

SEPTEMBER 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>Italian Sausage & Peppers over Pasta w/ Marinara Sauce Cheese Vegetables, & Fruit</p>
<p>4</p> <p>LABOR DAY Doelger Closed & Lincoln Closed</p>	<p>5</p> <p>Parmesan Crusted Chicken Cous Cous, Vegetables, & Fruit</p>	<p>6</p> <p>Beef & Spinach Ravioli Tossed Salad, & Fruit</p>	<p>7</p> <p>Meat Loaf & Gravy Roasted Potatoes, Vegetables, & Fruit</p>	<p>8</p> <p>Teriyaki Glazed Pork Chop Fried Rice, Vegetables, & Fruit</p>
<p>11</p> <p>Minestrone Soup Cornbread, Tossed Salad, & Fruit</p>	<p>12</p> <p>Country Fried Chicken Mashed Potatoes, Vegetables, & Fruit</p>	<p>13 *****</p> <p>Birthday Celebration Baked Salmon Linguine w/ Clam Sauce Vegetables, Birthday Cake, & Fruit</p>	<p>14</p> <p>Beef Enchilada Casserole Tossed Salad, & Fruit</p>	<p>15</p> <p>Beef & Vegetable Stir-Fry Chow Mein Noodles, & Fruit</p>
<p>18</p> <p>Turkey Burger on Whole Wheat Bun Lettuce & Tomato, Baked Sweet Potato Fries, & Fruit</p>	<p>19</p> <p>Hearty Chicken Chilli w/ White Beans Tossed Salad, Cornbread, & Fruit</p>	<p>20</p> <p>Herb Crusted Fish Garlic Noodles, Steamed Vegetables, & Fruit</p>	<p>23</p> <p>Meat Lasagna Tossed Salad, & Fruit</p>	<p>22</p> <p>Chef Salad or Vegetarian Chef Salad Hard Boiled Egg, & Fruit</p>
<p>25</p> <p>Rigatoni w/ Meat Sauce Tossed Salad, & Fruit</p>	<p>26</p> <p>Roast Turkey Mashed Potatoes, Cranberry Sauce, Vegetables, & Fruit</p>	<p>27</p> <p>Baked Ham Sweet Potatoes Casserole, Vegetables, & Fruits</p>	<p>28</p> <p>Chicken & Spinach Fettuccine Alfredo Vegetables, & Fruit</p>	<p>29</p> <p>Kitchen Closed for Fall Festival Prep Food from outside approved vendor will be provided.</p>