



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 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 Doelger Senior Center & Lincoln Community Center Closed for the New Year's Holiday	3 Brandy Pork Chop w/ Herb & Parmesan Pasta Vegetables & Fruit	4 Stuffed Bell Pepper Tossed Salad & Fruit	5 New Year's Brunch French Toast, Scrambled Eggs, Potatoes & Sausage Orange Juice & Fruit Meal Served at 11:15	6 Baked Salmon & Wild Rice Vegetables & Fruit
9 Hamburger Steak w/ Mushroom-Onion Gravy Potatoes Vegetables & Fruit	10 Chicken and Sausage Jambalaya Tossed Salad & Fruit *HIGH IN SODIUM*	11 BIRTHDAY CELEBRATION Roasted Pork Tenderloin w/ Mushroom Gravy Mashed Potatoes Steamed Vegetables, Fruit & Birthday Cake	12 Spinach & Cheese Manicotti Steamed Vegetables & Fruit	13 Meat Taco Salad Fruit
16 Martin Luther King Day Doelger Senior Center & Lincoln Community Center Closed	17 Crusted Lemon Pepper Baked Fish Rice, Steamed Vegetables & Fruit	18 Italian Meatloaf Potatoes, Vegetables & Fruit	19 Sloppy Joe's on Whole Wheat Bun Green Salad & Fruit *HIGH IN SODIUM*	20 Chicken Enchiladas Spanish Style Rice, Tossed Salad & Fruit
23 Rigatoni w/ Meat Sauce Tossed Salad & Fruit	24 Mushroom Sherry Chicken Breast Rice, Steamed Vegetables & Fruit	25 Pork Verde w/ Spanish Rice Vegetables & Fruit	26 Chinese New Year Lunch Szechuan Beef Chow Mein Noodles, Steamed Vegetables & Fruit	27 1/2 Chicken Salad Sandwich Cup of Vegetable Soup & Fruit
30 Chili-Cheese Hotdog on a bun Caesar Salad & Fruit	31 French Dip Sandwich Carrots Raisin Salad, Parsley Potatoes & Fruit			

FEBRUARY 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
		1 Chicken Caesar Salad w/ Hard Boiled Egg Fruit	2 Clam Chowder Garden Salad & Fruit	3 Baked Fish w/ Lemon Brown Rice, Vegetables & Fruit
6 1/2 Turkey & Swiss Sandwich on Wheat Vegetable Soup & Fruit	7 Black History Lunch Smothered Chicken Mashed Potatoes w/ Gravy, Collard Greens, Corn Bread & Fruit	8 Vegetable Lasagna Tossed Salad & Fruit	9 Salisbury Steak Roasted Potatoes, Vegetables & Fruit	10 Crustless Quiche Lorraine Garden Salad & Fruit
13 Turkey Burger w/ Oven Baked Potato Wedges Coleslaw & Fruit	14 Italian Sausage & Bell Peppers w/ Angel Hair Pasta Vegetables & Fruit	15 BIRTHDAY/ VALENTINE'S CELEBRATION Braised Beef Roasted Potatoes, Vegetables, Fruit & Birthday Cake	16 Herb Crusted Fish Rice Pilaf, Vegetables & Fruit	17 Beef & Barley Soup Tossed Salad & Fruit
20 Center Closed Presidents' Day	21 Stir-Fry Chicken w/ Vegetables Fried Rice & Fruit	22 Spaghetti w/ Meat Sauce Spinach, Tomato Salad & Fruit	23 Baked Chicken Thighs 1/2 Baked Potato, Vegetables & Fruit	24 Sweet & Sour Pork Steamed Rice, Vegetables & Fruit
27 Swedish Meatballs Pasta, Vegetables & Fruit	28 Pulled Pork on a Bun Baked Beans & Fruit			

MARCH 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
		1 Kitchfen Closed for Cleaning Lincoln Open	2 Minestrone Soup 1/2 Roast Beef Sandwich, Spinach Salad & Fruit	3 Meatloaf Roasted Potatoes, Vegetables & Fruit
6 Spoonbread Tamale Pie Garden Salad & Fruit	7 Hunter-Style Chicken Mashed Potatoes, Vegetables & Fruit	8 Beef w/ Broccoli Over Rice Fruit	9 Hamburger OR Veggie Burger Lettuce & Tomato, Roasted Potatoes & Fruit	10 Lasagna Roll w/ Spinach/Ricotta Cheese Tossed Salad & Fruit
13 Oven-Baked BBQ Chicken Baked Beans, Vegetables & Fruit	14 Roast Turkey Mashed Potatoes, Vegetables & Fruit	15 BIRTHDAY CELEBRATION Stuffed Pork Chop Sweet Potato, Vegetables, Fruit & Birthday Cake	16 Lemon Pepper Baked Salmon Angel Hair Pasta, Vegetables & Fruit	17 ST. PATRICK'S DAY CELEBRATION Corned Beef & Cabbage Irish Soda Bread, Potatoes & Carrots, Fruit *HIGH IN SODIUM*
20 Rigatoni w/ Meat Sauce Green Salad & Fruit	21 Teriyaki Chicken Brown Rice, Vegetables & Fruit	22 Beef Liver w/ Onions & Bacon Steamed Potatoes, Vegetables & Fruit	23 Beef-Bean Enchiladas Spanish Rice, Green Salad & Fruit	24 Chili w/ Beans Cornbread, Tossed Salad & Fruit
27 Orange Chicken Chow Mein Noodles, Vegetables & Fruit	28 Brandy Pork Chop Herb & Parmesan Pasta, Vegetables & Fruit	29 Kitchen Closed Volunteer Lunch Prep Outside Vendor Provided Deli Open, Lincoln Open	30 Kitchen Closed City Wide Volunteer Luncheon Deli Closed Lincoln Open	31 Herb-Crusted Fish Rice, Vegetables & Fish