



# DALY CITY ACTIVE ADULT/SENIOR SERVICES

"To enhance the quality of life and promote wellness by providing social, educational, and health services to all adults 50 years plus."

## CONGREGATE NUTRITION PROGRAM

Daly City's Congregate Lunch Program is partially subsidized by Older American Act and San Mateo County 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 the support of volunteers. All meals meet nutrition guidelines set by San Mateo County Health.

All luncheons have limited space. **Advance reservations are required.** There is a \$3.00 suggested donation for eligible participants, and a \$7.00 fee for guests of eligible participants. For more information, please contact specific center.

Dining center doors open at 11:00 am and lunch is served at 12:00 pm:

- MONDAY THROUGH FRIDAY**
  - Doelger Senior Center
  - Lincoln Park Community Center
  - Bayshore Community Center

### DOELGER SENIOR CENTER

101 Lake Merced Boulevard  
(650) 991-8012

### LINCOLN PARK COMMUNITY CENTER

901 Brunswick Street  
(650) 991-8018

### BAYSHORE COMMUNITY CENTER

450 Martin Street  
(650) 991-5701



## APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>Sweet &amp; Sour Pork</b> BBQ Pork Fried Rice, Vegetables & Fruit	4 ***SPRING LUNCHEON*** <b>Baked Salmon</b> Apricot Sauce, Wild Rice, Vegetables & Fruit	5 <b>Baked Chicken</b> Chicken Gravy, Baked Sweet Potatoes, Vegetables & Fruit	6 <b>Italian Sausage &amp; Spinach Lasagna Bake</b> Garden Salad & Fruit	7 ***SF GIANTS OPENING DAY*** <b>Grilled Bratwurst</b> Garlic Fries, Sauerkraut & Fruit
10 <b>White Fish Stir Fry</b> Brown Rice, Sesame Ball, Vegetables & Fruit	11 <b>Salisbury Steak</b> Mushroom Gravy, Roasted Red Potatoes, Vegetables & Fruit	12 <b>Creamy Tuscan Chicken</b> Farfalle Pasta, Vegetables & Fruit	13 <b>Hot Roast Beef &amp; Cheddar on a Bun</b> Lettuce, Tomato, Pickle, Cup of Vegetable Soup & Fruit	14 <b>CENTERS CLOSED</b> City Wide Volunteer Appreciation Luncheon
17 <b>Lemon Chicken</b> Chicken Chow Mein, Vegetables & Fruit	18 <b>Garden Burger</b> Grilled Onions, Potato Wedges, Cole Slaw & Fruit	19 ***BIRTHDAY CELEBRATION*** <b>Braised Beef</b> Red Wine Reduction, Mashed Potatoes, Vegetables & Fruit	20 <b>Creamy Parmesan Crusted Tuna Casserole</b> Vegetables & Fruit	21 <b>Chicken Tortilla Soup</b> Corn Bread Muffin, Garden Salad & Fruit
24 <b>Hot &amp; Sour Soup</b> Braised Tofu, Egg Fried Rice, Vegetables & Fruit	25 <b>Ham &amp; Spinach Crustless Quiche</b> Country Potatoes, Vegetables & Fruit	26 <b>Rigatoni w/ Meat Sauce</b> Caesar Salad, & Fruit	27 <b>Roasted Pork Loin</b> Onion Gravy, Steamed Red Potatoes, Vegetables, & Fruit	28 <b>Herb Crusted Fish</b> Tartar Sauce, Brown Rice, Vegetables, & Fruit