



County of San Diego Senior Nutrition Centers and Home-Delivered Meal Providers

For more information about nutrition services supported by the County of San Diego, please contact us via email or by phone at 800-510-2020.

One of the most important elements of good health is nutrition. To improve nutritional health of seniors in our region, Aging & Independence Services provides meals at various seniors dining centers, as well as home-delivered meals to eligible senior individuals in their homes. Through funding from the Older Americans Act, nutritious meals are available for a suggested donation to senior age 60 and above. When meals are available, no senior shall be turned away for inability to donate.

The County's Aging & Independence Services department contracts with community partners to provide hot lunches and sometimes breakfast at Senior Dining Centers during the week, for eligible adults. In addition to promoting better nutrition, Senior Dining Centers provide a social environment for participants to learn about additional services that may be available. Senior Dining Centers may offer other social activities such as exercise classes, special events and other classes that you can participate with friends or develop new friendships. Home-delivered meals are available to adults age 60 and older who are homebound due to illness or disability and need assistance with activities of daily living. Home-delivered meals are delivered Monday through Friday, and between five and seven meals are provided.

Contact your nearest congregate or home-delivered meal provider to inquire about eligibility.

Congregate Dining Sites and Home-Delivered Meal Providers

Contractor	Region	Congregate Site Addresses	Lunch Hours	Transportation offered	Phone number	Home-delivered service	Home-delivered ZIP codes served
Jewish Family Service	Central	College Avenue Senior Center 6299 Capri Drive San Diego, CA 92120	11:30-12:30 M-F	Yes	858-637-3000 For Home Delivered Meals: (858) 637-3230	Yes	92120, 92119, 92115, 92116, 92114, 92107, 92110
Neighborhood House Association	Central	Neighborhood House Senior Center 795 South Boundary Street San Diego, CA 92113	8:30-9:30 M-F 12:00-1:00 M-F	Yes	619-263-2108	No	N/A

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Neighborhood House Association	Central	Bayside Community Center 6882 Linda Vista Rd San Diego, CA 92111	11:30-12:30 M-F	Yes	619-263-2108	No	N/A
Borrego Springs Youth & Senior Center	East	Borrego Springs Senior Center 580 Circle J Drive Borrego Springs, CA 92004	12:00-1:00 Tu/W/F	No	760-767-3116	Yes	92004
Carlsbad, City of	North Coastal	Carlsbad Senior Center 799 Pine Avenue Carlsbad, CA 92008	11:45-1:00 M-F	Yes	760-602-4650	Yes	92008, 92009, 92010, 92011, 92018
Encinitas, City of	North Coastal	Encinitas Senior Center 1140 Oakcrest Park Drive, Encinitas, CA 92024	11:00-12:30 M-F	Yes	760-943-2258 (meal reservations) 760-943-2250 (center)	No	N/A
City of Escondido	North Coastal	Escondido Senior Center 210 Park Avenue Escondido, CA 92025	11:30-12:20 M-F	Yes	760-839-4803	No	N/A
Fallbrook Senior Citizen's Service Club, Inc.	North Inland	Fallbrook Senior Citizen's Service Club 399 Heald Lane Fallbrook, CA 92028	11:15 M-F	Yes	760-723-9282 760-728-4498	No	N/A
Meals on Wheels (Greater San Diego)	North	N/A		No	1-800-573-6467 760-736-9900 (North County)	Yes	91906, 91963, 91934, 91905, 91901
Mountain Health & Community Services, Inc	East Rural	Mountain Empire Community Center 976 Sheridian Road Campo, CA 91906	12:00-1:00 W-F	No	619-478-5109	Yes	91906, 91905, 91934
Mountain Health & Community Services, Inc	East Rural	Dulzura Community Center 1136 Community Bldg Rd Dulzura, CA 91917	TH only, call for meal time	No	619-478-5109	No	N/A
Mountain Health & Community Services, Inc	East Rural	Chapel of the Hills 25153 Viejas Blvd Descanso, CA 91916	W only, call for meal time	No	619-478-5109	Yes	91931

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Mountain Health & Community Services, Inc	East Rural	Pine Valley Improvement Club 28890 Old Highway 80 Pine Valley, CA 91962	F only, call for meal time	No	619-478-5109	Yes	91931
Mountain Health & Community Services, Inc	East Rural	Potrero Library 24883 Potrero Valley Road Potrero, CA 91963	TH only, call for meal time	No	619-478-5109	Yes	91963
Mountain Health & Community Services, Inc	East Rural	Alpine Community Center 1830 Alpine Blvd Alpine, CA 91901	TH only, call for meal time	No	619-478-5109	Yes	91901
National City, City of	South	George Waters Nutrition Center 1415 D Avenue National City, CA 91950	11:00-12:30 M-F	Yes	619-336-6750	Yes	91950
Oceanside Senior Citizens Association	North Coastal	Oceanside Senior Center 455 Country Club Lane, Oceanside, CA 92054	11:15-12:00 M-F	Yes	760-435-5285	Yes	92056, 92057, 92054, 92058
Pacific Educational Facilities, Inc.	East	Ramona Senior Center 434 Aqua Lane Ramona, CA 92065	11:30-12:30 M-F	Yes	760-789-0440	Yes	92036, 92059, 92060, 92061, 92065, 92066, 92070, 92082, 92086
Poway Valley Senior Citizens	North Inland	Poway Valley Senior Center 13094 Civic Center Drive, Poway, CA 92064	11:15-12:15 M-F	Yes	858-748-6094	Yes	92064, 92127
San Marcos, City of	North Inland	San Marcos Senior Center 111 Richmar Avenue San Marcos, CA 92069	11:30-12:30 M-F	Yes	760-744-1811	No	N/A
Serving Seniors	East	Lemon Grove Senior Center 8235 Mt. Vernon St. Lemon Grove, CA 91945	11:00-12:00 M-F	No	619-337-1425	Yes	91941, 91942, 91945, 91977, 91978
Serving Seniors	East	Spring Valley Community Center 8735 Jamacha Blvd Spring Valley, CA 91977	11:00-12:00 M-F	No	619-337-1425	Yes	91941, 91942, 91945, 91977, 91978

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Serving Seniors	East	La Mesa Adult Enrichment Center 8450 La Mesa Blvd La Mesa, CA 91941	11:00-12:00 M-F	No	619-337-1425	Yes	91941, 91942, 91945, 91977, 91978
Serving Seniors	South	St. Charles Nutrition Program 945 18th Street San Diego, CA 92154	11:00-12:30 M-F	No	619-423-2877	Yes	92154, 92173, 91911, 91932
Serving Seniors	South	San Ysidro Senior Dining 125 East Park Blvd San Ysidro, CA 92173	11:00-12:30 M-F	No	619-423-2877	Yes	92154, 92173, 91911, 91932
Serving Seniors	Central	Potiker Family Senior Residence 525 14th Street San Diego, CA 92101	11:00-12:30 M-F	No	619-235-6572	Yes	91911, 91932, 91941, 91942, 91945, 91977, 919778, 92101, 92102, 92103, 92104, 92113, 92116, 92126, 92131, 92154, 92173
Serving Seniors	Central	Gary and Mary West Senior Wellness Center 1525 4th Avenue San Diego, CA 92101	7-8:30 M-F 8-9:00 Sat 11:30-1:15 M-F 12-2 Sat 11-12:30 Sun	No	619-235-6572	Yes	92101, 92102, 92103, 92104, 92113
Serving Seniors	Central	City Heights Senior Residence 4065 43rd Street San Diego, CA 92105	12:00-1:00 M-F	No	619-235-6572	Yes	92101, 92102, 92103, 92104, 92113
Serving Seniors	Central	Mira Mesa Senior Center 8460 Mira Mesa Blvd San Diego, CA 92126	12:00-1:00 M-F	No	619-235-6572	Yes	92126, 92131
The Salvation Army	South	The Salvation Army, Chula Vista 648 Third Avenue Chula Vista, CA 91910	11:30-12:30 M-F	Yes	619-498-0298	Yes	91902, 91910, 91911, 91914, 91915,
The Salvation Army	East	The Salvation Army, El Cajon 1011 East Main Street El Cajon, CA 92021	11:00-12:30 M-F	Yes	619-440-2457	Yes	92019, 92020, 92021, 92022, 92090

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The Salvation Army	East	The Salvation Army, Lakeside Community Center 9841 Vine Street Lakeside, CA 92040	12:05-12:50 M-F	N/a	619-209-0898	No	N/A
The Salvation Army	Central	The Salvation Army, Central 4170 Balboa Avenue San Diego, CA 92117	11:30-12:30 M-F	Yes	858-483-1831	Yes	92102, 92104, 92105, 92111, 92117, 92123
The Salvation Army	North Coastal	The Salvation Army, Oceanside 3935 Lake Blvd Oceanside, CA 92056	12:00-12:30 M-F	Yes	760-631-8279	No	N/A
Union of Pan Asian Communities	Central	Sons & Daughters of Guam Club 334 Willie James Jones Ave San Diego, CA 92102	12:00-1:00 M, W and F	No	619-531-8871	No	N/A
Union of Pan Asian Communities	North Inland	EMASS Community Center 200 North Ash Street Escondido, CA 92027	12:00-1:00 Tu and F	No	619-531-8871	No	N/A
Vista, City of	North Inland	Gloria G. McClellan Senior Center 1400 Vale Terrace Drive Vista, CA 92084	11:45-12:30 M-F	Yes	760-643-5285	Yes	92081, 92083, 92084