



2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Beefy Italian Whole Grain Pasta Whole Kernel Corn Broccoli Fresh Apple Slices</p> 	<p>3</p> <p>Curry Chicken Brown Rice Peas & Carrots Fresh Fruit</p> 	<p>4</p> <p>Beef Taco Salad in Whole Wheat Tortilla Fluffy Fruit Salad Taco Sauce</p> 	<p>5</p> <p>Turkey Swedish Meatballs Whole Grain Penne Broccoli Fresh Fruit</p> 	<p>6</p> <p>Stuffed Pasta Shells with Tomato basil sauce Green Beans Whole Wheat Bread Fresh Fruit Chef's Dessert</p>  
<p>9</p> <p>Meatloaf Brown Gravy Whipped Potatoes Green Beans Whole Wheat Bread Mixed Fruit</p> 	<p>10</p> <p>BBQ Pork Rib Patty Pinto Beans Coleslaw W.W. Hamburger Bun Hot Cherry Applesauce</p>  	<p>11</p> <p>Corn Chowder Turkey Breast Cheese, Lettuce, Tomato Carrot Raisin Salad Whole Wheat Tortilla Fresh Fruit</p> 	<p>12</p> <p>Oven Fried Chicken Tater Tot Casserole Brussels Sprouts Whole Wheat Bread Pineapple Tidbits</p>  	<p>13</p> <p>Cajun Lemon-Pepper Fish Cheesy Brown Rice Green Beans Pineapple Tidbits Cookie</p>  
<p>16</p> <p>Beef Taco Cilantro Lime Rice Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits</p>	<p>17 St. Patrick's Day</p> <p>Beef Stew Oven Roasted Potatoes Sliced Carrots Whole Wheat Roll Fresh Fruit Chef's Dessert</p>  	<p>18</p> <p>Chef Salad Saltine Crackers Fresh Fruit Ranch Salad Dressing</p>  	<p>19</p> <p>Pork Stir Fry Brown Rice Ginger Carrots Pineapple Tidbits Fortune Cookie</p> 	<p>20 Spring Begins / Birthday Party</p> <p>Chilaquiles Cassrole Harvard Beets Whole Wheat Bread Spice Mandarin oranges with pineapple Dessert</p> 
<p>23</p> <p>Chicken Pot Pie w/ Whole Grain Biscuit Whipped Potatoes Green Beans Fresh Fruit</p> 	<p>24</p> <p>Turkey Sausage over Red Beans Brown Rice Mixed Vegetables Pineapple Tidbits</p> 	<p>25</p> <p>Minestrone Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Ambrosia Fruit Salad</p> 	<p>26</p> <p>Sloppy Joe Oven Roasted Potatoes Winter Vegetables W.W. Hamburger Bun Mixed Fruit</p> 	<p>27</p> <p>W.G. Crusted Fish Cheesy Penne Pasta Glazed Carrots Fresh Orange Cookie Tartar Sauce</p> 
<p>30</p> <p>Country Fried Steak Country Gravy Cheesy Brown Rice Broccoli Whole Wheat Bread Fresh Fruit</p> 	<p>31</p> <p>Oven Fried Chicken Whipped Potatoes Sliced Carrots Mixed Fruit</p> 			

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Meals are served at 12:00pm - Suggested Senior Donation 60+ \$4.00 - Non-Senior fee is \$6.00

No eligible person shall be denied a meal because of failure or inability to contribute. ** Menu Subject to Change without Notice **

Food allergy warning: please be advised that the food served here may contain any of these ingredients: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish & shellfish