




















FEBRUARY 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Oven Fried Chicken Dirty Brown Rice Green Beans Seasonal Fruit Chef's Dessert 	2 Groundhog Day Turkey Breast w/ Cranberry Orange Sauce  Lima Beans Cornbread Dressing Whole Wheat Roll Seasonal Fruit	3 Pork in Hungarian Sauce Buttered Rice Mixed Vegetables Pineapple Tidbits Wheat Bread SUPER BOWL
4 Meatloaf Brown Gravy Whipped Potatoes Green Beans Multi-Grain Bread  Mixed Fruit	5 Chinese New Year Whole Grain Crusted Fish Confetti Brown Rice Corn & Lima Beans Seasonal Fruit Tartar Sauce 新年快乐	6 Oven Fried Chicken Tater Tot Casserole Brussels Sprouts Multi-Grain Bread Pineapple Tidbits 	7 Corn Chowder Turkey Breast Cheese, Lettuce, Tomato Carrot Raisin Salad Whole Wheat Tortilla Seasonal Fruit	8 BBQ Pork Rib Patty  Pinto Beans Coleslaw W.W. Hamburger Bun Hot Cherry Applesauce Chef's Dessert	9 Beef Strip Steak Mushroom Gravy Roasted Potato Medley Italian Vegetable Blend Whole Wheat Bread Seasonal Fruit	10 Turkey Ham & Pinto Beans Buttered Rice Broccoli  Cornbread Pears
11 Beef Taco Cilantro Lime Rice Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits Taco Sauce 	12 Oven Fried Chicken Scalloped Potatoes Mixed Vegetables Cornbread Seasonal Fruit 	13 Chicken & Sausage Jambalaya Whole Kernel Corn Spinach Seasonal Fruit Chef's Dessert 	14 Valentine's Day Roast Beef w/ Gravy Twice Whipped Potatoes Mixed Vegetables Whole Wheat Roll Seasonal Fruit Strawberry Shortcake 	15 Sloppy Joe Oven Roasted Potatoes Broccoli W.W. Hamburger Bun Glazed Fruit Chef's Dessert 	16 Turkey Ham, Broccoli, & Brown Rice Bake Whole Kernel Corn Green Peas Peaches 	17 Beef Italiano Patty Whole Grain Penne Seasoned Spinach Mixed Fruit 
18 Presidents Day Whole Grain Crusted Fish Macaroni & Cheese Glazed Carrots Seasonal Fruit Tartar Sauce 	19 Turkey Sausage & Red Beans Brown Rice Mixed Vegetables Pineapple Tidbits	20 Minestrone Soup Chicken Salad Lettuce & Tomato Coleslaw  Whole Wheat Bread Ambrosia Fruit Salad	21 Oven Fried Chicken Whipped Potatoes Green Beans Cornbread Seasonal Fruit	22 Turkey Spaghetti Sauce Whole Grain Spaghetti Corn & Brussels Sprouts Spiced Mixed Fruit Chef's Dessert 	23 Salisbury Steak Brown Gravy Whipped Potatoes Broccoli Whole Wheat Bread Pears	24 Honey Baked Chicken Mashed Spiced Yams Green Peas Multi-Grain Bread Seasonal Fruit 
25 Country Fried Steak Country Gravy Whipped Potatoes Broccoli Whole Wheat Bread Seasonal Fruit	26 Oven Fried Chicken Cheesy Penne Sliced Carrots Mixed Fruit 	27 Garden Turkey Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing 	28 Hamburger Patty Lettuce & Tomato Oven Roasted Potatoes Pinto Beans W.W. Hamburger Bun Seasonal Fruit			

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

Suggested Donations for Seniors: \$1.00 per meal \$4.00 non senior
MENU SUBJECT TO CHANGE



No eligible person shall be denied a meal because of failure or inability to contribute.

