



FEBRUARY 2019 Lunch Menu

Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Oven Fried Chicken </p> <p>Dirty Brown Rice</p> <p>Green Beans</p> <p>Seasonal Fruit</p> <p>Chef's Dessert</p> <p>SUPER BOWL</p>
<p>4</p> <p>Meatloaf</p> <p>Brown Gravy</p> <p>Whipped Potatoes</p> <p>Green Beans</p> <p>Multi-Grain Bread</p> <p>Mixed Fruit</p>	<p>5 Chinese New Year</p> <p>Whole Grain Crusted Fish</p> <p>Confetti Brown Rice</p> <p>Corn & Lima Beans</p> <p>Seasonal Fruit</p> <p>Tartar Sauce</p> <p>新年快樂</p>	<p>6</p> <p>Oven Fried Chicken</p> <p>Tater Tot Casserole</p> <p>Brussels Sprouts</p> <p>Multi-Grain Bread</p> <p>Pineapple Tidbits</p>	<p>7</p> <p>Corn Chowder</p> <p>Turkey Breast</p> <p>Cheese, Lettuce, Tomato</p> <p>Carrot Raisin Salad</p> <p>Whole Wheat Tortilla</p> <p>Seasonal Fruit</p>	<p>8</p> <p>BBQ Pork Rib Patty</p> <p>Pinto Beans</p> <p>Coleslaw</p> <p>W.W. Hamburger Bun</p> <p>Hot Cherry Applesauce</p> <p>Chef's Dessert</p>
<p>11</p> <p>Beef Taco</p> <p>Cilantro Lime Rice</p> <p>Fiesta Vegetable Blend</p> <p>Whole Wheat Tortilla</p> <p>Pineapple Tidbits</p> <p>Taco Sauce</p>	<p>12</p> <p>Oven Fried Chicken </p> <p>Scalloped Potatoes</p> <p>Mixed Vegetables</p> <p>Cornbread</p> <p>Seasonal Fruit</p>	<p>13</p> <p>Chef Salad </p> <p>Saltine Crackers</p> <p>Seasonal Fruit</p> <p>Ranch Salad Dressing</p>	<p>14 Valentine's Day</p> <p>Pork Stir Fry</p> <p>Brown Rice</p> <p>Ginger Carrots</p> <p>Seasonal Fruit</p> <p>Fortune Cookie</p>	<p>15 BIRTHDAY PARTY</p> <p>Sloppy Joe</p> <p>Oven Roasted Potatoes</p> <p>Broccoli</p> <p>W.W. Hamburger Bun</p> <p>Glazed Fruit</p> <p>Chef's Dessert</p>
<p>18 Presidents Day</p> <p><i>Closed for Holiday</i></p>	<p>19</p> <p>Turkey Sausage & Red Beans</p> <p>Brown Rice</p> <p>Mixed Vegetables</p> <p>Pineapple Tidbits</p>	<p>20</p> <p>Minestrone Soup</p> <p>Chicken Salad</p> <p>Lettuce & Tomato</p> <p>Coleslaw</p> <p>Whole Wheat Bread</p> <p>Ambrosia Fruit Salad</p>	<p>21</p> <p>Oven Fried Chicken </p> <p>Whipped Potatoes</p> <p>Green Beans</p> <p>Cornbread</p> <p>Seasonal Fruit</p>	<p>22</p> <p>Turkey Spaghetti Sauce</p> <p>Whole Grain Spaghetti</p> <p>Corn & Brussels Sprouts</p> <p>Spiced Mixed Fruit</p> <p>Chef's Dessert </p>
<p>25</p> <p>Country Fried Steak</p> <p>Country Gravy</p> <p>Whipped Potatoes</p> <p>Broccoli</p> <p>Whole Wheat Bread</p> <p>Seasonal Fruit</p>	<p>26</p> <p>Oven Fried Chicken </p> <p>Cheesy Penne</p> <p>Sliced Carrots</p> <p>Mixed Fruit</p>	<p>27</p> <p>Garden Turkey Salad </p> <p>Saltine Crackers</p> <p>Seasonal Fruit</p> <p>Ranch Salad Dressing</p>	<p>28</p> <p>Hamburger Patty</p> <p>Lettuce & Tomato</p> <p>Oven Roasted Potatoes</p> <p>Pinto Beans</p> <p>W.W. Hamburger Bun</p> <p>Seasonal Fruit</p>	

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

For Guaranteed Lunch Reservations, Please CALL 337-1425 by 12:00 PM - at least ONE WEEK BEFORE

Meals are served at 11:30 am - Suggested Senior Donation 60+ \$3.50 - 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, treenuts, fish & shellfish