



MARCH

2019 Lunch Menu



Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>BBQ Chicken Breast Whole Grain Pasta Salad Green Beans Hot Pineapple Tidbits Chef's Dessert</p>
<p>4</p> <p>Oven Fried Chicken Cheesy Brown Rice Green Beans Mixed Fruit</p> <p>+</p>	<p>5</p> <p>Grilled Pork w/ Pineapple Sauce Delmonico Potatoes Mixed Vegetables Whole Wheat Bread Seasonal Fruit</p>	<p>6</p> <p>Swedish Meatballs Whole Grain Penne Broccoli Seasonal Fruit</p> <p></p>	<p>7</p> <p>Cream of Tomato Soup Tuna Salad Lettuce & Tomato Three Bean Salad Whole Wheat Bread Tropical Fruit</p>	<p>8</p> <p>Turkey Divan Whipped Potatoes Sliced Carrots Multi-Grain Bread Seasonal Fruit Chef's Dessert</p>
<p>11</p> <p>Curry Chicken Brown Rice Peas & Carrots Seasonal Fruit</p>	<p>12</p> <p>Italian Beef w/ Whole Grain Pasta Whole Kernel Corn Broccoli Fruit Cocktail</p>	<p>13</p> <p>Sausage w/ Onion & Peppers Baked Beans Coleslaw W.W. Hot Dog Bun Hot Mixed Fruit</p>	<p>14</p> <p>Beef Taco Salad Saltine Crackers Fluffy Fruit Salad Taco Sauce</p>	<p>15 BIRTHDAY PARTY</p> <p>Oven Fried Chicken Dirty Brown Rice Green Beans Seasonal Fruit Chef's Dessert</p> <p>+</p>
<p>18</p> <p>Meatloaf Brown Gravy Whipped Potatoes Green Beans Multi-Grain Bread Mixed Fruit</p>	<p>19</p> <p>Whole Grain Crusted Fish Confetti Brown Rice Corn & Lima Beans Seasonal Fruit Tartar Sauce</p>	<p>20 Spring Begins</p> <p>Oven Fried Chicken Tater Tot Casserole Brussels Sprouts Multi-Grain Bread Pineapple Tidbits</p>	<p>21</p> <p>Corn Chowder Turkey Breast Cheese, Lettuce, Tomato Carrot Raisin Salad Whole Wheat Tortilla Seasonal Fruit</p>	<p>22</p> <p>BBQ Pork Rib Patty Pinto Beans Coleslaw W.W. Hamburger Bun Hot Cherry Applesauce Chef's Dessert</p>
<p>25</p> <p>Beef Taco Cilantro Lime Rice Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits</p>	<p>26</p> <p>Oven Fried Chicken Scalloped Potatoes Mixed Vegetables Cornbread Seasonal Fruit</p>	<p>27</p> <p>Chef Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing</p> <p>+</p>	<p>28</p> <p>Pork Stir Fry Brown Rice Ginger Carrots Seasonal Fruit Fortune Cookie</p>	<p>29</p> <p>Sloppy Joe Oven Roasted Potatoes Broccoli W.W. Hamburger Bun Glazed Fruit Chef's Dessert</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