



SERVING SENIORS LUNCH MENU APRIL 2024

Gary and Mary West Senior Wellness Center

Lunch: Mon-Fri, 11 a.m., 12:15 p.m., 1:15 p.m./ Sat-Sun, 11 a.m., 12:15 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Potato Crusted Pollock Confetti Brown Rice Black-eyed Peas Pineapple Tidbits Tartar Sauce Lemon Juice Packet	2 Sloppy Joe Whole Kernel Corn Coleslaw Whole Wheat Hamburger Pears	3 Swedish Meatballs Whole Grain Rotini Pasta Capri Vegetable Blend Fresh Orange	4 Lentil Soup Hummus Wrap* <i>*Hummus, Feta, Lettuce, Tomato, Onion, & WW Tortilla</i> Rainbow Carrot Salad Fresh Banana	5 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend <i>*WG Biscuit in Entrée</i> Fresh Apple Chocolate Chip Cookie	6 Szechuan Pork Brown Rice Broccoli Florets Pears	7 BBQ Chicken WG Macaroni & Cheese Seasoned Collard Greens Mandarin Oranges
8 Pork Parmesan  White Beans with Arugula Whole Grain Breadstick Applesauce Margarine	9 10 Grain Pollock WG Macaroni & Cheese Green Peas Peaches Tartar Sauce Lemon Juice Packet	10 Beef & Turkey Taco Salad* <i>*Ground Turkey & Beef, Beans, Cheese, Tomato, & Lettuce</i> Whole Wheat Tortilla Fresh Orange Taco Sauce Ranch Salad Dressing	11 Cranberry Dijon Chicken WW Seasoned Couscous Brussels Sprouts Pineapple Tidbits	12 Pork Roast Ginger Scallion Sauce Sliced Carrots Whole Wheat Roll Mixed Fruit Crisp Margarine	13 Curry Chicken Brown Rice Garden Vegetable Blend Pears Milk	14 Salisbury Steak w/Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine
15 BBQ Chicken WG Macaroni & Cheese Seasoned Collard Greens Mandarin Oranges	16 Turkey Divan Brown Rice Glazed Carrots Pears	17 Garden Vegetable Soup Tuna Salad Cucumber Tomato Salad Multi-Grain Bread (2) Fresh Apple	18 Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Whole Wheat Tortilla Fresh Orange	19 Baked Meatballs with Marinara Sauce Whole Grain Spaghetti Broccoli Florets Fresh Banana Lorna Doone Cookies	20 Turkey Breast with Gravy Cornbread Dressing Green Peas Whole Wheat Roll Tropical Fruit Margarine	21 Hungarian Pork Roast Brown Rice Mixed Vegetables Mixed Fruit
22 Tofu Bolognese Whole Grain Penne Pasta Broccoli Florets WG Garlic Breadstick Fresh Apple Margarine	23 Tilapia w/Crumb Topping Organic Farro Pilaf California Vegetable Blend Pineapple Tidbits Lemon Juice Packet	24 Turkey Club Salad* <i>*Turkey, Cheese, Tomato, Lettuce, and Bacon Bits</i> Whole Wheat Roll Fresh Banana Blue Cheese Dressing Margarine	25 Hamburger Patty Lettuce & Tomato Ranch Beans WW Hamburger Bun Mixed Fruit Ketchup Mustard	26 WG Turkey Tetrazzini Peas and Carrots Mango Strawberry Crisp	27 Pork Roast w/Onion Gravy Brown Rice Mixed Vegetables Applesauce	28 Creamy Paprika Chicken Whole Grain Penne Pasta Brussels Sprouts Pears
29 Potato Crusted Pollock WW Seasoned Couscous Garden Vegetable Blend Fresh Orange Tartar Sauce Lemon Juice Packet	30 Meatloaf with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Bread Pineapple Tidbits Margarine					

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥ 1000 mg

Meals may contain these allergens: peanuts, sesame tree nuts, seafood, shellfish, soy, eggs, milk, wheat.

This project is supported by Older American's Act funds by the county of San Diego Health & Human Services Agency, Aging & Independence Services.

Suggested contribution is \$2.50 per meal.

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