

# March 2017 Lunch Menu



| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday   |
|--|--|--|--|--|--|--|
|    |   | <p>1 Grilled Chicken Breast<br/>Onion Gravy<br/>Dirty Rice <br/>Green Beans<br/>Wheat Roll<br/>Strawberry Applesauce</p>  | <p>2 Turkey Breast w/ Gravy<br/>Roasted Sweet Potatoes<br/>Broccoli &amp; Carrots<br/>Multi Grain Bread<br/>Banana Pudding</p>   | <p>3 Meatloaf <br/>Brown Gravy<br/>Whipped Potatoes<br/>Herbed Green Beans<br/>Wheat Bread<br/>Tropical Fruit</p>   | <p>4 BBQ Rib Patty<br/>Mixed Beans<br/>Pineapple Slaw<br/>Hamburger Bun<br/>Pear Slices</p>  | <p>5 Chicken Cacciatore<br/>Garlic &amp; Red Pepper Penne<br/>Sliced Carrots<br/>Wheat Bread<br/>Pineapple Tidbits</p>   |
| <p>6 Sloppy Joe<br/>Delmonico Potatoes<br/>Lyonnise Green Beans<br/>Hamburger Bun <br/>Seasonal Fruit</p>   | <p>7 Turkey Primavera <br/>Lima Beans<br/>Whole Kernel Corn<br/>Multi Grain Bread<br/>Tropical Fruit</p>                  | <p>8 Beef Spaghetti Sauce <br/>Spaghetti Noodles<br/>Green Peas<br/>Tossed Salad<br/>Texas Bread<br/>Hot Glazed Peaches</p>   | <p>9 Turkey Ham <br/>Pineapple Sauce <br/>Northern Beans<br/>Glazed Carrots<br/>Wheat Bread<br/>Mixed Fruit</p>  | <p>10 Dijon Pork Patty <br/>Au Gratin Potatoes<br/>Capri Vegetable Blend<br/>Multi Grain Bread<br/>Seasonal Fruit </p>                             | <p>11 Barbeque-Style <br/>Chicken Breast <br/>Confetti Rice<br/>Seasoned Spinach<br/>Wheat Bread<br/>Applesauce w/ Pears</p> | <p>12 Set Clocks Forward <br/>Breaded Pollock<br/>Lemon Sauce<br/>Yellow Rice<br/>Cooked Mixed Greens<br/>Wheat Roll <br/>Seasonal Fruit</p> |
| <p>13 Creole Steak<br/>Whipped Potatoes<br/>Zucchini w/ Tomatoes<br/>Multi Grain Bread<br/>Seasonal Fruit </p>   | <p>14 Fiesta Chicken <br/>Yellow Rice<br/>Broccoli<br/>Wheat Bread<br/>Mandarin Oranges &amp; Pineapple</p>               | <p>15 California Vegetable Soup <br/>Tuna Salad<br/>Lettuce &amp; Tomato<br/>Corn Relish Salad<br/>Wheat Bread<br/>Fresh Banana</p>   | <p>16 Pork Roast<br/>Brown Gravy<br/>Whipped Potatoes<br/>Green Peas<br/>Wheat Roll<br/>Sliced Peaches </p>   | <p>17 St. Patrick's Day <br/>Beef Stew<br/>Au Gratin Potatoes<br/>Broccoli <br/>Rye Bread<br/>Strawberry Glazed Fruit<br/>St. Patrick's Cookie</p> | <p>18 BBQ Rib Patty <br/>Rosemary Roasted<br/>Red Potatoes<br/>Side Salad<br/>Multi Grain Bread<br/>Mixed Fruit Crisp</p>   | <p>19 Turkey Chili<br/>Parslied Rice<br/>Okra &amp; Tomatoes<br/>Saltine Crackers<br/>Seasonal Fruit </p>   |
| <p>20 Spring Begins  <br/>Chicken Strips<br/>Ranch Potatoes<br/>Glazed Carrots<br/>Wheat Bread<br/>Tropical Fruit</p> | <p>21 Krab Cake <br/>Dill Sauce<br/>Parslied Rice<br/>Country Corn<br/>Wheat Roll<br/>Mandarin Oranges &amp; Peaches</p> | <p>22 Cream of Tomato Soup <br/>Garden Turkey Salad<br/>Saltine Crackers<br/>Fresh Banana </p> | <p>23 Turkey Ham <br/>Macaroni Casserole <br/>Brussels Sprouts<br/>Green Beans w/<br/>Red Peppers &amp; Onions<br/>Multi Grain Bread<br/>Strawberry Glazed Fruit</p> | <p>24 Apple Glazed Pork<br/>Baked Sweet Potato<br/>Broccoli &amp; Carrots<br/>Wheat Roll<br/>Seasonal Fruit<br/>Chef's Dessert </p>   | <p>25 Chicken Salad<br/>Green Pea Salad<br/>Cucumber Salad<br/>Saltine Crackers<br/>Applesauce w/ Pears </p>  | <p>26 Beef Patty w/<br/>Gravy &amp; Peppers<br/>Garlic Whipped Potatoes<br/>Stewed Tomatoes<br/>Wheat Roll <br/>Seasonal Fruit</p>  |
| <p>27 King Ranch<br/>Chicken Casserole<br/>Cilantro Lime Rice<br/>Glazed Beets<br/>Wheat Bread<br/>Seasonal Fruit</p>  | <p>28 Salisbury Steak<br/>Brown Gravy<br/>Garlic Whipped Potatoes<br/>Green Beans w/ Tomatoes<br/>Multi Grain Bread<br/>Tropical Fruit</p>   | <p>29 Ham w/ Raisin Sauce <br/>Mashed Spiced Yams<br/>Mixed Vegetable Blend<br/>Cornbread<br/>Seasonal Fruit</p>  | <p>30 Swedish Meatballs<br/>Egg Noodles<br/>Green Peas<br/>Wheat Bread<br/>Fresh Orange </p>  | <p>31 Sausage w/<br/>Onons &amp; Peppers <br/>Tater Tot Casserole<br/>Coleslaw<br/>Hot Dog Bun<br/>Mixed Fruit Crisp</p>  | <p></p>   |  |

"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.

