





February 2018 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Potato Crusted Fish Confetti Brown Rice Corn & Lima Beans Seasonal Fruit	2 Groundhog Day BBQ Pork Rib Patty Baked Beans Coleslaw Hamburger Bun Peach Crisp	3 Beef Strip Steak Mushroom Gravy Roasted Potato Medley Italian Vegetable Blend Whole Wheat Bread Seasonal Fruit	4 Turkey a la King Whole Grain Penne Broccoli Pears
5 Turkey Taco Mexican Rice Pinto Beans Whole Wheat Tortilla Pineapple Tidbits	6 Oven Fried Chicken Roasted Rosemary Potatoes Mixed Vegetables Multi-Grain Bread Seasonal Fruit	7 Sloppy Joe Potato Wedges Coleslaw W.W. Hamburger Bun Apple Brown Betty	8 Pork Stir Fry Brown Rice Ginger Carrots Seasonal Fruit Fortune Cookie	9 Chef Salad Saltine Crackers Seasonal Fruit Ranch Dressing	10 Turkey Ham, Broccoli, & Brown Rice Bake Whole Kernel Corn Green Peas Peaches	11 Beef Italiano Patty Whole Grain Penne Seasoned Spinach Mixed Fruit
12 Potato Crusted Fish Macaroni & Cheese Glazed Carrots Tropical Fruit Tarter Sauce	13 Chicken & Sausage Jambalaya Whole Kernel Corn Spinach Seasonal Fruit King Cake	14 Valentine's Day Roast Beef w/ Gravy Twice Whipped Potatoes Mixed Vegetables Whole Wheat Roll Seasonal Fruit Strawberry Shortcake	15 Oven Fried Chicken Whipped Potatoes Green Beans Multi-Grain Bread Seasonal Fruit	16 Chinese New Year Vegetable Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Ambrosia Fruit Salad	17 Salisbury Steak Brown Gravy Whipped Potatoes Broccoli Whole Wheat Bread Pears	18 Honey Baked Chicken Mashed Spiced Yams Green Peas Multi-Grain Bread Seasonal Fruit
19 Presidents Day Country Fried Steak Country Gravy Whipped Potatoes Broccoli Whole Wheat Bread Seasonal Fruit	20 Oven Fried Chicken Macaroni & Cheese Sliced Carrots Whole Wheat Roll Mixed Fruit	21 Garden Turkey Salad Saltine Crackers Tropical Fruit Chocolate Chip Cookie	22 Hamburger Patty Lettuce & Tomato Tater Tots Whole Kernel Corn Hamburger Bun Seasonal Fruit	23 BBQ Chicken Breast Coleslaw Green Beans Multi-Grain Bread Peach Crisp	24 Gilled Pork w/ Mushrooms Oven Roasted Potatoes Parmesan Tomatoes Multi-Grain Bread Seasonal Fruit	25 Beef Tamale Pie Mexican Brown Rice Fiesta Vegetable Blend Pineapple Tidbits
26 Oven Fried Chicken Cheesy Brown Rice Green Beans Mixed Fruit	27 Grilled Pork Pineapple Sauce Delmonico Potatoes Mixed Vegetables Whole Wheat Bread Seasonal Fruit	28 Swedish Meatballs Whole Grain Penne Broccoli Mixed Fruit Gingerbread Cookie				

"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.



