



Meals containing more than 1000 mg of sodium
March 2018 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Happy St. Patrick's Day!</p>			<p>1 Turkey Divan Whipped Potatoes Sliced Carrots Multi-Grain Bread Seasonal Fruit</p>	<p>2 Cream of Tomato Soup Tuna Salad Lettuce & Tomato Three Bean Salad W.W. Pita Bread Tropical Fruit</p>	<p>3 Chicken Alfredo Whole Grain Fettuccini Green Peas Peaches Milk</p>	<p>4 Hungarian Pork Oven Roasted Potatoes Squash, Zucchini, Tomatoes Multi-Grain Bread Seasonal Fruit</p>
<p>5 Curry Chicken Brown Rice Peas & Carrots Seasonal Fruit</p>	<p>6 Italian Beef Whole Grain Pasta Whole Kernel Corn Broccoli Fruit Cocktail</p>	<p>7 Smoked Sausage w/ Onions & Peppers Baked Beans Coleslaw W.W. Hot Dog Bun Apple Crisp</p>	<p>8 Beef Taco Salad Whole Wheat Tortilla Fluffy Fruit Salad Taco Sauce</p>	<p>9 Oven Fried Chicken Dirty Brown Rice Green Beans Seasonal Fruit Chocolate Chip Cookie</p>	<p>10 Turkey Breast Cranberry Orange Sauce Lima Beans Country Vegetable Blend Whole Wheat Roll Seasonal Fruit</p>	<p>11 Set Clocks Forward Creole Steak Chunky Potatoes Mixed Vegetables Multi-Grain Bread Pineapple Tidbits</p>
<p>12 Meatloaf Brown Gravy Whipped Potatoes Green Beans Multi-Grain Bread Mixed Fruit</p>	<p>13 Corn Chowder Turkey & Swiss Cheese Lettuce & Tomato Carrot Raisin Salad Whole Wheat Tortilla Seasonal Fruit</p>	<p>14 Oven Fried Chicken Tater Tot Casserole Brussels Sprouts Multi-Grain Bread Pineapple Tidbits</p>	<p>15 Breaded Fish Confetti Brown Rice Corn & Lima Beans Seasonal Fruit Tartar Sauce</p>	<p>16 BBQ Pork Rib Patty Baked Beans Coleslaw W.W. Hamburger Bun Peach Crisp</p>	<p>17 St. Patrick's Day Beef Stew Oven Roasted Potatoes Sliced Carrots Whole Wheat Roll Seasonal Fruit St. Patrick's Cookie</p>	<p>18 Turkey a la King Whole Grain Penne Broccoli Pears</p>
<p>19 Turkey Taco Mexican Rice Pinto Beans Whole Wheat Tortilla Pineapple Tidbits Taco Sauce</p>	<p>20 Spring Begins! Oven Fried Chicken Roasted Rosemary Potatoes Mixed Vegetables Multi-Grain Bread Seasonal Fruit</p>	<p>21 Sloppy Joe Potato Wedges Coleslaw W.W. Hamburger Bun Apple Brown Betty</p>	<p>22 Pork Stir Fry Brown Rice Ginger Carrots Seasonal Fruit Fortune Cookie</p>	<p>23 Chef Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing</p>	<p>24 Turkey Ham, Broccoli & Brown Rice Bake Whole Kernel Corn Green Peas Peaches</p>	<p>25 Beef Italiano Patty Whole Grain Penne Seasoned Spinach Mixed Fruit</p>
<p>26 Breaded Fish Macaroni & Cheese Glazed Carrots Tropical Fruit Tartar Sauce</p>	<p>27 Turkey Sausage & Red Beans Brown Rice Mixed Vegetables Pineapple Tidbits</p>	<p>28 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Cucumber Salad Mixed Fruit Crisp</p>	<p>29 Oven Fried Chicken Whipped Potatoes Green Beans Multi-Grain Bread Seasonal Fruit</p>	<p>30 Vegetable Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Ambrosia Fruit Salad</p>	<p>31 Salisbury Steak Brown Gravy Whipped Potatoes Broccoli Whole Wheat Bread Pears</p>	<p>N U R I S H M E N T</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.



