



MARCH 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	HAPPY St. Patrick's Day! 	MARCH MADNESS 		1 BBQ Chicken Breast Whole Grain Pasta Salad Green Beans Hot Pineapple Tidbits Chef's Dessert 	2 Grilled Pork Patty w/ Mushrooms Lemon Orzo Pasta Parmesan Tomatoes Multi-Grain Bread Seasonal Fruit	3 Frito Chili Pie Brown Rice Fiesta Vegetable Blend Fritos Corn Chips Sliced Apples 
4 Oven Fried Chicken Cheesy Brown Rice Green Beans Mixed Fruit 	5 Grilled Pork w/ Pineapple Sauce Delmonico Potatoes Mixed Vegetables Whole Wheat Bread Seasonal Fruit	6 Swedish Meatballs Whole Grain Penne Broccoli Seasonal Fruit 	7 Cream of Tomato Soup Tuna Salad Lettuce & Tomato Three Bean Salad Whole Wheat Bread Tropical Fruit 	8 Turkey Divan Whipped Potatoes Sliced Carrots Multi-Grain Bread Seasonal Fruit Chef's Dessert	9 Chicken Alfredo Whole Grain Spaghetti Green Peas Peaches 	10 Set Clocks Forward Hungarian Pork Buttered Rice Ratatouille Whole Wheat Bread Seasonal Fruit 
11 Curry Chicken Brown Rice Peas & Carrots Seasonal Fruit  	12 Italian Beef w/ Whole Grain Pasta Whole Kernel Corn Broccoli Fruit Cocktail 	13 Sausage w/ Onion & Peppers Baked Beans Coleslaw W.W. Hot Dog Bun Hot Mixed Fruit  	14 Beef Taco Salad Saltine Crackers Fluffy Fruit Salad Taco Sauce 	15 Oven Fried Chicken Dirty Brown Rice Green Beans Seasonal Fruit Chef's Dessert 	16 Turkey Breast w/ Cranberry Orange Sauce Lima Beans Corn Bread Dressing Whole Wheat Roll Seasonal Fruit 	17 St. Patrick's Day Beef Stew Oven Roasted Potatoes Sliced Carrots Whole Wheat Roll Seasonal Fruit Chef's Dessert 
18 Meatloaf Brown Gravy Whipped Potatoes Green Beans Multi-Grain Bread Mixed Fruit	19 Whole Grain Crusted Fish Confetti Brown Rice Corn & Lima Beans Seasonal Fruit Tartar Sauce 	20 Spring Begins Oven Fried Chicken Tater Tot Casserole Brussels Sprouts Multi-Grain Bread Pineapple Tidbits 	21 Corn Chowder Turkey Breast Cheese, Lettuce, Tomato Carrot Raisin Salad Whole Wheat Tortilla Seasonal Fruit	22 BBQ Pork Rib Patty Pinto Beans Coleslaw W.W. Hamburger Bun Hot Cherry Applesauce Chef's Dessert	23 Beef Strip Steak Mushroom Gravy Roasted Potato Medley Italian Vegetable Blend Whole Wheat Bread Seasonal Fruit	24 Turkey Ham & Pinto Beans Buttered Rice Broccoli Cornbread Pears
25 Beef Taco Cilantro Lime Rice Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits 	26 Oven Fried Chicken Scalloped Potatoes Mixed Vegetables Cornbread Seasonal Fruit 	27 Chef Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing 	28 Pork Stir Fry Brown Rice Ginger Carrots Seasonal Fruit Fortune Cookie	29 Sloppy Joe Oven Roasted Potatoes Broccoli W.W. Hamburger Bun Glazed Fruit Chef's Dessert	30 Turkey Ham, Broccoli, & Brown Rice Bake Whole Kernel Corn Green Peas Peaches 	31 Beef Italiano Patty Whole Grain Penne Seasoned Spinach Mixed Fruit 

"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.

