


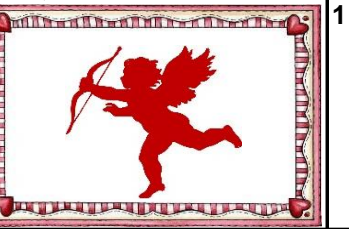





























# February 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Beef & Rice Casserole Roasted Potato Medley Italian Vegetable Blend Whole Wheat Bread Fresh Fruit 	2 <b>Groundhog Day</b>  Turkey Ham & Pnto Beans Brown Rice Broccoli Cornbread Mixed Fruit	
3 Beef Taco Cilantro Lime Rice Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	4 Savory Chicken Thigh Scalloped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Orange 	5 Chef Salad Saltine Crackers Fresh Fruit Ranch Salad Dressing 	6 Pork Stir Fry Brown Rice Ginger Carrots Pineapple Tidbits Fortune Cookie 	7 Turkey Spaghetti Sauce Whole Grain Spaghetti Harvard Beets Spiced Mixed Fruit Pudding 	8 Turkey Ham, Broccoli, & Brown Rice Bake Whole Kernel Corn Green Peas Peaches 	9 Beef Italiano Penne Pasta Sauteed Garlic Spinach Mixed Fruit 
10 Chicken Pot Pie w/ Whole Grain Biscuit Whipped Potatoes Green Beans 	11 Turkey Sausage over Red Beans Brown Rice Mixed Vegetables Pineapple Tidbits 	12 Minestrone Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Tropical Fruit 	13 Sloppy Joe Oven Roasted Potatoes Winter Vegetables W.W. Hamburger Bun Mixed Fruit	14 <b>Valentine's Day</b> Spinach Lasagna Bake Parslied Carrots Brussels Sprouts Whole Wheat Bread Fresh Fruit Strawberry Shortcake 	15 Salisbury Steak Brown Gravy Whipped Potatoes Green Beans Whole Wheat Bread Cinnamon Applesauce 	16 Honey Baked Chicken Mashed Spiced Yams Green Peas Whole Wheat Bread Fresh Fruit 
17 <b>Presidents Day</b> Country Fried Steak Country Gravy Cheesy Brown Rice Broccoli  Whole Wheat Bread Fresh Fruit 	18 Oven Fried Chicken Whipped Potatoes Sliced Carrots Mixed Fruit 	19 Garden Turkey Salad Saltine Crackers Fresh Fruit  Ranch Salad Dressing	20 Hamburger Patty Lettuce, Tomato, Pickle, Onion Oven Roasted Potatoes Hamburger Bun Hot Mixed Fruit	21 BBQ Chicken Breast Whole Grain Pasta Salad Green Beans Hot Pineapple Tidbits Pudding	22  Grilled Pork Patty w/ Mushrooms Lemon Orzo Pasta Parmesan Tomatoes Whole Wheat Bread Fresh Fruit 	23 Beef & Bean Chili Brown Rice Fiesta Vegetable Blend Saltine Crackers Sliced Apples Sour Cream
24 Turkey Divan Whipped Potatoes Sliced Carrots Whole Wheat Bread 	25 Grilled Pork w/ Pineapple Sauce Delmonico Potatoes Glazed Beets Whole Wheat Bread Fresh Fruit 	26 Cream of Tomato Soup Tuna Salad Lettuce & Tomato Three Bean Salad Whole Wheat Bread Tropical Fruit 	27 Chicken Alfredo Whole Grain Spaghetti Green Peas Pineapple Tidbits Cookie 	28 Citrus Pepper Salmon Brown Rice Corn & Lima Beans Fresh Fruit 	29 Sausage w/ Onions & Peppers Pinto Beans Coleslaw W.W. Hot Dog Bun Hot 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.

