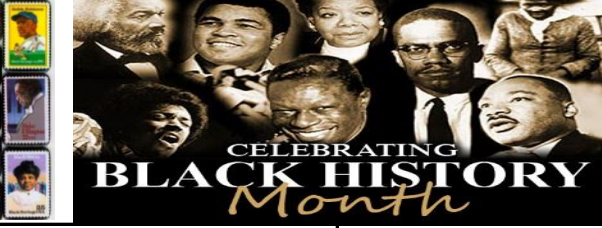





# February 2017 Lunch Menu

Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>CELEBRATING BLACK HISTORY Month</b></p>		<p>1 California Vegetable Soup Tuna Salad Lettuce &amp; Tomato Corn Relish Salad Wheat Bread Fresh Banana</p>	<p>2 <b>Groundhog Day</b> Pork Roast Brown Gravy Whipped Potatoes Green Peas Wheat Roll Sliced Peaches</p>	<p>3 <b>SUPER BOWL</b> Oven Fried Chicken Macaroni &amp; Cheese Cooked Mixed Greens Cornbread Seasonal Fruit</p>
<p>6 Chicken Strips Ranch Potatoes Glazed Carrots Wheat Bread Tropical Fruit</p>	<p>7 Krab Cake Dill Sauce Parslied Rice Country Corn Wheat Roll Mandarin Oranges &amp; Peaches</p>	<p>8 Cream of Tomato Soup Garden Turkey Salad Saltine Crackers Fresh Banana</p>	<p>9 Turkey Ham Macaroni Casserole Brussels Sprouts Green Beans w/ Red Peppers &amp; Onions Multi Grain Bread Strawberry Glazed Fruit</p>	<p>10 Apple Glazed Pork Baked Sweet Potato Broccoli &amp; Carrots Wheat Roll Seasonal Fruit Chef's Dessert</p>
<p>13 King Ranch Chicken Casserole Cilantro Lime Rice Glazed Beets Wheat Bread Seasonal Fruit</p>	<p>14 <b>Valentine's Day</b> Honey Baked Chicken Breast Confetti Rice Green Beans Dinner Roll German Chocolate Cake</p>	<p>15 Ham w/ Raisin Sauce Mashed Spiced Yams Mixed Vegetable Blend Cornbread Seasonal Fruit</p>	<p>16 Swedish Meatballs Egg Noodles Green Peas Wheat Bread Fresh Orange</p>	<p>17 Sausage w/ Onions &amp; Peppers Tater Tot Casserole Coleslaw Hot Dog Bun Mixed Fruit Crisp</p>
<p>20 <b>President's Day</b>  <b>HOLIDAY Presidents' Day Site CLOSED</b></p>	<p>21 Country Fried Steak Country Gravy Whipped Potatoes Sliced Carrots Wheat Bread Applesauce</p>	<p>22 Pork Loin BBQ Sauce Baked Beans Fiesta Corn Wheat Roll Seasonal Fruit</p>	<p>23 Chicken &amp; Noodles Lima Beans Capri Vegetable Blend Cornbread Strawberry Glazed Fruit</p>	<p>24 Hamburger Patty Lettuce &amp; Tomato Tater Puffs Copper Pennies Hamburger Bun Apple Raisin Compote</p>
<p>27 Turkey Ham &amp; Pintos Buttered Rice Capri Vegetable Blend Saltine Crackers Seasonal Fruit</p>	<p>28 Beef Enchilada Pie Mexican Rice Tossed Salad Spiced Mixed Fruit</p>			

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Meals are served at 11:30 am - Suggested Senior Donation 60+ \$2.50 - Non-Senior fee is \$4.00

No eligible person shall be denied a meal because of failure or inability to contribute.

Food allergy warning: please be advised that the food served here may contain any of these ingredients: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish & shellfish