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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Potato Crusted Fish Confetti Brown Rice Corn & Lima Beans Seasonal Fruit 	2 <b>Groundhog Day</b> BBQ Pork Rib Patty Baked Beans Coleslaw Hamburger Bun Peach Crisp 
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 
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 <b>Valentine's Day</b> 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 <b>BIRTHDAY PARTY</b> Vegetable Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Ambrosia Fruit Salad  
19 <b>Presidents Day</b>  <b>CLOSED for the HOLIDAY</b>  	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  
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."

Meals are served at 12:00 pm - 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. - \*\* Menu Subject to Change Without Notice \*\*

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