



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey Divan Whipped Potatoes Sliced Carrots Multi-Grain Bread Seasonal Fruit 	2 Cream of Tomato Soup Tuna Salad Lettuce & Tomato Three Bean Salad W.W. Pita Bread Tropical Fruit
5 Curry Chicken Brown Rice Peas & Carrots Seasonal Fruit 	6 Italian Beef Whole Grain Pasta Whole Kernel Corn Broccoli Fruit Cocktail 	7 Smoked Sausage w/ Onions & Peppers Baked Beans Coleslaw W.W. Hot Dog Bun Apple Crisp 	8 Beef Taco Salad Whole Wheat Tortilla Fluffy Fruit Salad Taco Sauce 	9 Set Clocks Forward on Saturday Oven Fried Chicken Dirty Brown Rice Green Beans Seasonal Fruit Chocolate Chip Cookie
12 Meatloaf Brown Gravy Whipped Potatoes Green Beans Multi-Grain Bread Mixed Fruit 	13 Corn Chowder Turkey & Swiss Cheese Lettuce & Tomato Carrot Raisin Salad Whole Wheat Tortilla Seasonal Fruit 	14 Oven Fried Chicken Tater Tot Casserole Brussels Sprouts Multi-Grain Bread Pineapple Tidbits 	15 Potato Crusted Fish Confetti Brown Rice Corn & Lima Beans Seasonal Fruit Tartar Sauce 	16 March Birthday Party BBQ Pork Rib Patty Baked Beans Coleslaw W.W. Hamburger Bun Peach Crisp
19 Turkey Taco Mexican Rice Pinto Beans Whole Wheat Tortilla Pineapple Tidbits Taco Sauce 	20 Spring Begins! Oven Fried Chicken Roasted Rosemary Potatoes Mixed Vegetables Multi-Grain Bread Seasonal Fruit 	21 Sloppy Joe Potato Wedges Coleslaw W.W. Hamburger Bun Apple Brown Betty 	22 Pork Stir Fry Brown Rice Ginger Carrots Seasonal Fruit Fortune Cookie 	23 Chef Salad Saltine Crackers Seasonal Fruit Ranch Salad Dressing
26 Potato Crusted Fish Macaroni & Cheese Glazed Carrots Tropical Fruit Tartar Sauce 	27 Turkey Sausage & Red Beans Brown Rice Mixed Vegetables Pineapple Tidbits 	28 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Cucumber Salad Mixed Fruit Crisp 	29 Oven Fried Chicken Whipped Potatoes Green Beans Multi-Grain Bread Seasonal Fruit 	30 Vegetable Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Ambrosia Fruit Salad

"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