



Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>3  Beef Taco Cilantro Lime Rice Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits </p>	<p>4 Savory Chicken Thigh Scalloped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Orange </p>	<p>5 Chef Salad Saltine Crackers Fresh Fruit  Ranch Salad Dressing </p>	<p>6 Pork Stir Fry Brown Rice Ginger Carrots Pineapple Tidbits  Fortune Cookie </p>	<p>7 Turkey Spaghetti Sauce Whole Grain Spaghetti Harvard Beets Spiced Mixed Fruit Pudding </p>
<p>10 Chicken Pot Pie w/ Whole Grain Biscuit Whipped Potatoes Green Beans  </p>	<p>11 Turkey Sausage over Red Beans  Brown Rice Mixed Vegetables Pineapple Tidbits </p>	<p>12 Minestrone Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Tropical Fruit  </p>	<p>13 Sloppy Joe Oven Roasted Potatoes Winter Vegetables W.W. Hamburger Bun Mixed Fruit </p>	<p>14 Valentine's Day Spinach Lasagna Bake Parslied Carrots Brussels Sprouts Whole Wheat Bread Fresh Fruit  Strawberry Shortcake </p>
<p>17 Presidents Day HOLIDAY Closed for the Holiday   </p>	<p>18 Oven Fried Chicken Whipped Potatoes  Sliced Carrots Mixed Fruit  </p>	<p>19 Garden Turkey Salad Saltine Crackers Fresh Fruit  Ranch Salad Dressing</p>	<p>20 Hamburger Patty Lettuce, Tomato, Pickle, Onion Oven Roasted Potatoes Hamburger Bun Hot Mixed Fruit</p>	<p>21 BIRTHDAY PARTY BBQ Chicken Breast Whole Grain Pasta Salad Green Beans Hot Pineapple Tidbits Pudding </p>
<p>24 Turkey Divan Whipped Potatoes  Sliced Carrots Whole Wheat Bread </p>	<p>25 Grilled Pork w/ Pineapple Sauce  Delmonico Potatoes Glazed Beets Whole Wheat Bread Fresh Fruit </p>	<p>26 Cream of Tomato Soup Tuna Salad  Lettuce & Tomato Three Bean Salad Whole Wheat Bread Tropical Fruit </p>	<p>27 Chicken Alfredo Whole Grain Spaghetti Green Peas Pineapple Tidbits Cookie </p>	<p>28 Citrus Pepper Salmon Brown Rice Corn & Lima Beans Fresh 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 12:00pm - 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