



SERVING SENIORS LUNCH MENU MARCH 2024

Gary and Mary West Senior Wellness Center

Lunch: Mon-Fri, 11 a.m., 12:15 p.m., 1:15 p.m./ Sat-Sun, 11 a.m., 12:15 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 ~ <i>Lenten Meal</i> ~ Vegetarian Be'f Lasagna Broccoli Florets Whole Grain Garlic Breadstick Fresh Banana, Margarine Lorna Doone Cookies	2 Turkey Breast with Gravy Cornbread Dressing Green Peas Whole Wheat Roll Tropical Fruit	3 Hungarian Pork Roast Brown Rice Collard Greens Mixed Fruit
4 Tofu Bolognese Whole Grain Penne Pasta Broccoli Florets Whole Grain Garlic Fresh Apple Margarine	5 Whole Grain Turkey Tetrazzini Peas and Carrots Mango Strawberry Crisp	6 Turkey Club Salad* <i>*Turkey, Cheddar Cheese, Cheese, Tomato, Lettuce, and Bacon Bits Whole Wheat Roll Fresh Banana Blue Cheese Dressing Margarine</i>	7 Hamburger Patty Lettuce & Tomato Ranch Beans Whole Wheat Bun Mixed Fruit Ketchup, Mustard	8 ~ <i>Lenten Meal</i> ~ Tilapia with Crumb Topping Organic Farro Pilaf California Vegetable Blend Pineapple Tidbits Nutty Buddy Bar	9 Pork Roast with Onion Gravy Brown Rice Mixed Vegetables Applesauce	10 Creamy Paprika Chicken Whole Grain Penne Pasta Brussels Sprouts Fresh Pear
11 Potato Crusted Pollock Whole Wheat Seasoned Couscous Garden Vegetable Blend Fresh Orange Tartar Sauce	12 Burrito Bowl* <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Lettuce, and Tomato Fresh Pear Taco Sauce</i>	13 Split Pea Soup Sliced Turkey Breast Whole Grain Bun Provolone Cheese Lettuce, Tomato, Mustard Apple Broccoli Salad Mixed Fruit	14 Jamaican Chicken Leg Brown Coconut Rice Plantains Fresh Banana	15 ~ <i>St. Patrick's Day</i> ~ 🍷 Corned Beef Potatoes and Carrots Cabbage Whole Grain Roll Pineapple Tidbits Oatmeal Raisin Cookie Margarine	16 Sweet & Sour Meatballs Green Beans with Red Peppers Whole Grain Penne Pasta Peaches	17 Turkey Breast with Gravy Whole Grain Macaroni & Cheese Mixed Vegetables Applesauce
18 Swiss Steak Brown Rice Peas and Carrots Pears	19 Baked Chicken Leg Quarter Bruschetta Sauce Whole Rotini Pasta Collard Greens Fresh Apple	20 🍷 Minestrone Soup Whole Grain Krab Mac Salad Beet Salad Fresh Banana	21 BBQ Pork Rib Patty Corn O'Brien Whole Wheat Hamburger Hot Spiced Apples	22 ~ <i>Lenten Meal</i> ~ Vegetarian Bean Chili Broccoli Florets Whole Grain Crackers Pineapple Tidbits Fudge Brownie	23 Baked Chicken Leg Quarter Peri Peri Sauce Cilantro Lime Brown Rice Mixed Vegetables Fresh Orange	24 Meatballs w/Mushroom Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Pear Margarine
25 Swedish Meatballs Whole Grain Rotini Pasta Capri Vegetable Blend Fresh Orange	26 Sloppy Joe Whole Wheat Bun Whole Kernel Corn Coleslaw, Pear	27 Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla Lentil Soup Organic Rainbow Carrot w/Lemon Dijon Vinaigrette Fresh Banana</i>	28 Easter Holiday Meal 🍷 Turkey Ham Scalloped Potatoes Green Peas Whole Wheat Roll Peaches Oatmeal Crème Cookie Margarine	29 ~ <i>Lenten Meal</i> ~ Potato Crusted Pollock Confetti Brown Rice Black-eyed Peas Pineapple Chocolate Chip Cookie Tartar Sauce	30 Szechuan Pork Brown Rice Broccoli Florets Pears	31 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend *Whole Grain Biscuit in Fresh Apple

MENU NOTES

All meals include 8oz of milk

🍷 Denotes Sodium ≥ 1000 mg

Meals may contain these allergens: peanuts, sesame tree nuts, seafood, shellfish, soy, eggs, milk, wheat.

This project is supported by Older American's Act funds by the county of San Diego Health & Human Services Agency, Aging & Independence Services.

Suggested contribution is \$2.50 per meal.

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