





SERVING SENIORS LUNCH MENU MARCH 2025
 Gary and Mary West Senior Wellness Center

Lunch: Mon-Fri, 11-12 p.m., 12:15-1 p.m., 1:15-1:45 p.m./ Sat-Sun, 11-12 p.m., 12:15-1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/31 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend *WG Biscuit in Entrée Fresh Apple					1 Mini Crab Cakes  Whole Grain Scampi Pasta Sliced Carrots Mixed Fruit	2 Salisbury Steak with Gravy Whipped Potatoes Broccoli Florets Whole Wheat Roll Fresh Apple Margarine
3 Apricot Mustard Chicken Wild Rice Brussels Sprouts Pineapple Tidbits	4 Turkey Divan Whole Grain Pasta Peas and Carrots Diced Pears	5 ~Ash Wednesday~ Garden Vegetable Soup Tuna Salad Cucumber Tomato Salad Multi-Grain Bread (2 slices) Fresh Apple	6 Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Whole Wheat Tortilla Pineapple Tidbits	7 ~Lenten Meal~ Meatballs & Marinara Sauce Whole Grain Pasta Broccoli Florets Applesauce Lorna Doone Cookies	8 Turkey Breast with Gravy Whole Kernel Corn Green Beans Whole Wheat Roll Fresh Orange Margarine	9 Pork Stir Fry Whole Grain Pasta Sliced Carrots WG Mixed Fruit Crisp
10 Tofu Bolognese Whole Grain Pasta Broccoli Florets WG Garlic Breadstick Fresh Apple Margarine	11 WG Turkey Tetrazzini Sliced Carrots Pineapple Tidbits	12 Turkey Club Salad* <i>*Turkey, Cheddar Cheese, Tomato, Romaine Lettuce, and Bacon Bits</i> Whole Wheat Roll Diced Pears Blue Cheese Salad Dressing Margarine	13 Hamburger Patty Lettuce & Tomato Ranch Beans WW Hamburger Bun Diced Peaches Ketchup Mustard	14 ~Lenten Meal~ Tilapia w/Crumb Topping Brown Rice Florentine California Vegetable Blend WG Mixed Fruit Crisp Lemon Juice	15 WG Bean & Cheese Burrito Enchilada Sauce Fiesta Corn Applesauce	16 Chicken Alfredo Whole Grain Pasta Brussels Sprouts Diced Pears
14 ~St. Patrick's Day~ Corned Beef Potatoes and Carrots Cabbage Whole Grain Roll Pineapple Tidbits Double Chocolate Chip Cookie Margarine	18 Burrito Bowl* <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Romaine Lettuce, and Tomato</i> Diced Pears Taco Sauce	19 White Bean Soup Egg Salad Apple Broccoli Salad WW Hamburger Bun Mixed Fruit	20 Meatloaf with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Pineapple Tidbits Margarine	21 ~Lenten Meal~ Potato Crusted Pollock Garden Vegetable Blend WW Hamburger Bun Fresh Apple Oatmeal Raisin Cookie Tartar Sauce Lemon Juice	22 Sweet & Sour Meatballs Whole Grain Pasta Green Beans Diced Peaches	23 Turkey Breast with Gravy WG Macaroni & Cheese Mixed Vegetables Mixed Fruit
24 Salisbury Steak with Gravy Brown Rice Sliced Carrots Diced Pears	25 Romesco Chicken Whole Grain Pasta Garden Vegetable Blend Raisins	26 Minestrone Soup WG Krab Mac Salad Beet Salad Mixed Fruit	27 BBQ Pork Rib Patty Corn O'Brien WW Hamburger Bun Hot Spiced Apples	28 ~Lenten Meal~ Vegetarian Be'f Lasagna Bake Broccoli Florets WG Garlic Breadstick Pineapple Tidbits Strawberry Shortcake Cookie Margarine	29 Pumpkin Seed Mole Chicken Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Orange	30 Meatballs with Mushroom Gravy Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine

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.