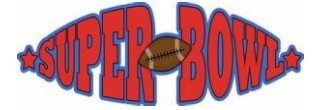




















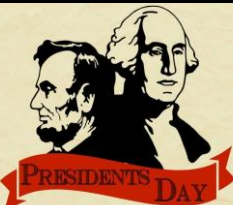










# FEBRUARY 2021 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Barbecue Pork Riblet Broccoli & Carrots Hamburger Bun Hot Cherry Applesauce Milk 	<b>2 Groundhog Day</b> Meatloaf w/ Gravy Whipped Potatoes Green Beans Whole Wheat Bread Mixed Fruit 	<b>3</b> Vegetable Soup Turkey Ham Cheese, Lettuce, Tomato Carrot & Raisin Salad Saltine Crackers Fresh Fruit 	<b>4</b> Breaded Chicken w/ Country Gravy Crispy Cubed Potatoes Brussels Sprouts Whole Wheat Bread Fresh Fruit 	<b>5</b> Cajun Lemon-Pepper Fish Dirty Brown Rice Herbed Green Beans Mixed Fruit Chef's Dessert 	<b>6</b> Beef Rice Bake Roasted Potato Medley Italian Vegetables Whole Wheat Bread Fresh Fruit	<b>7</b> Enchilada Chicken Black Beans Whole Wheat Tortilla Hot Applesauce 
<b>8</b> Cabbage Roll Shredded Cheese Fiesta Vegetables Whole Wheat Bread Hot Pineapple Tidbits 	<b>9</b> Chicken Cordon Bleu Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Banana 	<b>10</b> Chef Salad Fresh Fruit Ranch Dressing 	<b>11</b> Sweet & Sour Pork Brown Rice Ginger Carrots Fresh Orange 	<b>12 Chinese New Year</b> Cheese Omelet Edamame Country Vegetables Wheat Bread Orange Juice Rice Krispie Treat 	<b>13</b> Hamburger Patty Lettuce & Tomato Hashbrowns Hamburger Bun Mixed Fruit	<b>14 Valentine's Day</b> Beef Lasagna Broccoli & Carrots Whole Wheat Bread Hot Pineapple Tidbits 
<b>15 President's Day</b> Chicken & Dumplings Whipped Potatoes California Vegetables Wheat Bread Fresh Fruit 	<b>16</b> Sausage w/ Onions & Peppers Shredded Cheese Kidney Beans Hotdog Bun Hot Tropical Fruit 	<b>17</b> Minestrone Soup Chicken Salad German Coleslaw Whole Wheat Bread Mixed Fruit 	<b>18</b> Sloppy Joe Oven Roasted Potatoes Broccoli W.W. Hamburger Bun Pineapple 	<b>19</b> Potato Crusted Fish Brown Rice Succotash Sliced Carrots Fresh Orange Tartar Sauce Oatmeal Crème Cookie	<b>20</b> Salisbury Steak w/ Brown Gravy Whipped Potatoes Green Beans Whole Wheat Bread Cinnamon Applesauce	<b>21</b> Honey Baked Chicken Yams Green Peas Whole Wheat Bread Fresh Fruit 
<b>22</b> Beef Stroganoff Sliced Carrots Green Beans Whole Wheat Bread Fresh Fruit	<b>23</b> BBQ Chicken Baked Beans Broccoli Hamburger Bun Fresh Fruit 	<b>24</b> Garden Turkey Salad Mini Crackers Fresh Fruit Ranch Salad Dressing 	<b>25</b> Hamburger Patty Lettuce, Tomato, Onion, Pickle Oven Roasted Potatoes Hamburger Bun Hot Pineapple Tidbits	<b>26</b> Bean Chili Whipped Potatoes Fiesta Vegetables Whole Wheat Bread Fresh Fruit Chef's Dessert	<b>27</b> Grilled Pork w/ Mushrooms Lemon Orzo Parmesan Tomatoes Whole Wheat Bread Fresh Fruit	<b>28</b> Chicken Caprese Italian Vegetable Blend Whole Wheat Bread Hot Diced Apples 
						

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Donation is \$1.00 per meal  
MENU SUBJECT TO CHANGE



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

