



# 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 ~ <b>Lenten Meal</b> ~ WG Bean & Cheese Burrito Broccoli Florets Mango Strawberry Crisp Taco Sauce	2 Honey Lime Chicken 🍹 Crispy Cubed Potatoes Sliced Carrots Whole Wheat Bread Fresh Pear	3 Creole Beef Brown Rice Green Peas Tropical Fruit
4 Vegetarian Be'f Lasagna Bake Broccoli Florets WG Garlic Breadstick Pineapple Tidbits	5 Hungarian Pork Oven Roasted Potatoes Brussels Sprouts Whole Wheat Roll Applesauce	6 Lentil Soup Turkey Breast & Swiss Cheese Lettuce and Tomato Cucumber and Tomato Salad Multi-Grain Bread (2 slices) Fresh Banana	7 WG Popcorn Chicken WG Macaroni & Cheese Glazed Carrots Mixed Fruit BBQ Sauce	8 ~ <b>Lenten Meal</b> ~ Potato Crusted Fish Garden Vegetable Blend Whole Wheat Bread Peach Crisp Tartar Sauce	9 Sweet & Sour Meatballs Confetti Brown Rice Green Beans Fresh Apple	10 Lemon Pepper Chicken Black Beans Steamed Cabbage Whole Wheat Roll Fresh Orange
11 Meatloaf with Gravy Garlic Whipped Potatoes Glazed Carrots Whole Wheat Bread Mixed Fruit	12 Pork Carnitas Cilantro Lime Brown Rice Corn O'Brien Whole Wheat Tortilla Fresh Pear Taco Sauce	13 <b>Chef Salad*</b> <i>*Turkey, Turkey Ham, Egg, Cheddar Cheese, Tomato, Lettuce, Cabbage, Carrots</i> Whole Wheat Roll Tropical Fruit Ranch Salad Dressing	14 10 Grain Pollock California Vegetable Blend Multi-Grain Bread Fresh Banana Tartar Sauce	15 ~ <b>St. Patrick's Day</b> ~ Corned Beef 🍷 Potatoes and Carrots Cabbage Whole Grain Roll Fresh Orange Oatmeal Raisin Cookie	16 Mediterranean Chicken Brown Rice Pilaf Green Beans Pineapple Tidbits	17 Swedish Meatballs Whole Grain Penne Pasta Garden Vegetable Blend Fresh Apple
18 Pork Chile Verde Brown Rice Pinto Beans with Red Peppers Fresh Pear	19 Chicken Cacciatore Whole Grain Penne Pasta Spinach Applesauce	20 Garden Vegetable Soup Tuna Salad Cucumber Salad WW Hamburger Bun Fresh Banana	21 Creamy Chicken Tikka Coconut Brown Rice Broccoli Florets Peaches	22 ~ <b>Lenten Meal</b> ~ Whole Grain Bread Pollock Lettuce & Tomato Tater Tots WW Hamburger Bun Mixed Fruit Crisp Tartar Sauce	23 Turkey Breast with Gravy WG Macaroni & Cheese Glazed Carrots Fresh Orange	24 Swiss Steak Brown Rice Florentine Mixed Vegetables Tropical Fruit
25 Pesto Chicken Whole Grain Rotini Pasta Ratatouille Pineapple Tidbits	26 Apple Glazed Pork Loin Twice Whipped Potatoes Glazed Carrots Whole Wheat Bread Peaches	27 <b>Beef &amp; Turkey Taco Salad*</b> <i>*Ground Turkey &amp; Beef, Black Beans, Cheddar Cheese, Tomato, Lettuce,</i> Whole Wheat Tortilla Fresh Banana Taco Sauce Ranch Salad Dressing	28 ~ <b>Easter Holiday Meal</b> ~ Turkey Ham 🍷 Scalloped Potatoes Green Peas Whole Wheat Roll Applesauce Oatmeal Crème Cookie	29 ~ <b>Lenten Meal</b> ~ Potato Crusted Fish WW Seasoned Couscous Collard Greens Fresh Pear Chocolate Chip Cookie Tartar Sauce	30 Beef Chili with Beans Whole Kernel Corn Whole Wheat Roll Fresh Orange	31 Baked Chicken Pumpkin Seed Mole Cilantro Lime Brown Rice Plantains Tropical Fruit

## 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.