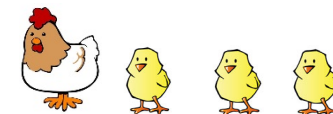




# March 2023 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Corn Chowder Tuna Salad Cucumber Tomato Salad Whole Wheat Tortilla Tropical Fruit	2 Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Capri Veggie Blend Whole Wheat Tortilla Fresh Orange	3 Vegetarian Be'f Lasagna Bake Broccoli WG Garlic Breadstick Chocolate Chip Cookie Fresh Apple, Margarine	4 Turkey Breast w/ Gravy Cornbread Dressing Green Peas w/ Red Peppers Whole Wheat Roll Fresh Banana, Margarine	5 Hungarian Pork Roast Brown Rice Spinach Mixed Fruit 
6 Italian Beef/Turkey WG Penne Bake Broccoli WG Garlic Breadstick Fresh Orange Margarine	7 Tilapia w/ Crumb Topping Brown Rice Florentine CA Veggie Blend Fresh Apple 	8  Turkey Club Salad (Turkey, Cheddar Cheese, Tomato, Lettuce, and Bacon Bits) Whole Wheat Roll Fresh Banana, Margarine Ranch Salad Dressing	9 Hamburger Patty Lettuce and Tomato Ranch Beans WW Hamburger Bun Mixed Fruit Ketchup, Mustard	10 WG Bean & Cheese Burrito Peas and Carrots Mango Strawberry Crisp Taco Sauce 	11 Pork Roast w/ Onion Gravy Brown Rice Mixed Vegetables Tropical Fruit 	12 Creamy Paprika Chicken WG Penne Pasta Brussels Sprouts Fresh Pear 
13 Potato Crusted Pollock Baby Roasted Potatoes Green Peas Peaches Tartar Sauce 	14 Burrito Bowl (Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Lettuce, and Tomato) Fresh Pear Taco Sauce 	15 Minestrone Soup Sliced Turkey Breast Provolone Cheese Lettuce and Tomato Broccoli Raisin Salad WG Hamburger Bun Fresh Apple, Mustard	16  Jamaican Chicken Leg Qtr Brown Coconut Rice Plantains Tropical Fruit 	17 St. Patrick's Day! Corned Beef Potatoes and Carrots Cabbage Whole Grain Roll Applesauce Oatmeal Raisin Cookie Margarine	18 Sweet & Sour Meatballs WG Penne Pasta Green Beans with Red Peppers Fresh Banana 	19 Turkey Breast w/ Gravy WG Macaroni & Cheese Mixed Vegetables Strawberry Applesauce 
20 Swiss Steak Brown Rice Peas and Carrots Mixed Fruit 	21 Baked Chicken Leg Qtr Bruschetta Sauce Whole Rotini Pasta Spinach Fresh Orange	22  Lentil Soup WG Krab Mac Salad Beet Salad Tropical Fruit 	23 BBQ Pork Rib Patty Corn O'Brien WW Hamburger Bun Hot Spiced Apples 	24 Vegetarian Bean Chili Brown Rice Broccoli Fresh Banana Oatmeal Crème Cookie 	25 Baked Chicken Leg Qtr Peri Peri Sauce Cilantro Lime Brown Rice Mixed Vegetables Fresh Apple	26 Meatballs w/ Mushroom Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Pear, Margarine
27 Chicken and Biscuit Whipped Potatoes CA Veggie Blend Fresh Apple 	28  Szechuan Pork Brown Rice Broccoli Mixed Fruit 	29 Tomato Basil Soup Chicken Salad German Coleslaw Multi-Grain Bread Fresh Banana	30 Swedish Meatballs WG Rotini Pasta Glazed Carrots Fresh Orange 	31 Potato Crusted Fish Confetti Brown Rice Black-eyed Peas Pineapple Tidbits Carnival Cookie Tartar Sauce		

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."  
Suggested Contribution is \$1.00 per meal - No eligible person shall be denied a meal because of failure or inability to contribute.

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS  
Peanuts • Tree nuts • Seafood • Shellfish • Soy • Eggs • Milk • Wheat  
"All meals contain 8 oz milk"



Menu Subject To Change