



# Gary and Mary West Senior Wellness Center

Breakfast: Mon-Fri, 7-8 a.m./ Sat, 8-9 a.m.

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

Lunch Menu  
February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>This project is supported by Older American's Act funds by the county of San Diego Health &amp; Human Services Agency, Aging &amp; Independence Services.</p> <p>Suggested contribution is \$2.50 per meal</p> <p>No eligible person shall be denied a meal because of failure or inability to contribute.</p>			<p>1</p> <p>10 Grain Pollock California Vegetable Blend Multi-Grain Bread Fresh Banana Milk Tartar Sauce Margarine</p>	<p>2</p> <p>BBQ Pork Rib Patty Baked Beans WW Hamburger Bun Fresh Orange Oatmeal Raisin Cookie Milk</p>	<p>3</p> <p>Mediterranean Chicken Brown Rice Pilaf Green Beans Pineapple Tidbits Milk</p>	<p>4</p> <p>Swedish Meatballs Whole Grain Penne Pasta Garden Vegetable Blend Fresh Apple Milk</p>
<p>5</p> <p>Pork Chile Verde Brown Rice Pinto Beans with Red Pepper Fresh Pear Milk</p>	<p>6</p> <p>Chicken Cacciatore Whole Grain Penne Pasta Spinach Applesauce Milk</p>	<p>7</p> <p>Garden Vegetable Soup Tuna Salad Cucumber Salad WW Hamburger Bun Fresh Banana Milk</p>	<p>8</p> <p>Creamy Chicken Tikka Coconut Brown Rice Broccoli Florets Peaches Milk</p>	<p>9</p> <p>Hamburger Patty Lettuce &amp; Tomato Tater Tots WW Hamburger Bun Mixed Fruit Crisp Milk Ketchup Mustard</p>	<p>10 ~ Lunar New Year ~</p> <p>Szechuan Pork Brown Fried Rice Asian Vegetable Blend Mandarin Oranges Milk Fortune Cookie</p>	<p>11</p> <p>Swiss Steak Brown Rice Florentine Mixed Vegetables Tropical Fruit Milk</p>
<p>12</p> <p>Pesto Chicken Whole Grain Rotini Pasta Ratatouille Pineapple Tidbits Milk</p>	<p>13</p> <p>Apple Glazed Pork Loin Twice Whipped Potatoes Glazed Carrots Whole Wheat Bread Peaches Milk Margarine</p>	<p>14 ~ Valentine's Day &amp; Ash Wednesday ~</p> <p>Lentil Soup Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Cucumber Salad Fluffy Fruit Salad Milk</p>	<p>15</p> <p>Baked Chicken Pumpkin Seed Mole Cilantro Lime Brown Rice Plantains Tropical Fruit Milk</p>	<p>16 ~ Lenten Meal ~</p> <p>Potato Crusted Fish WW Seasoned Couscous Collard Greens Fresh Pear Chocolate Chip Cookie Milk Tartar Sauce</p>	<p>17</p> <p>Beef Chili with Beans Whole Kernel Corn Whole Wheat Roll Fresh Orange Milk Margarine</p>	<p>18</p> <p>Pork Roast with Brown Gravy Scalloped Potatoes Green Peas Whole Wheat Bread Applesauce Milk Margarine</p>
<p>19</p> <p>Coconut Curry Chicken Brown Rice Broccoli Florets Fresh Pear Milk</p>	<p>20</p> <p>Salisbury Steak Onion Gravy Delmonico Potatoes Green Peas Whole Wheat Roll Fresh Apple Milk Margarine</p>	<p>21</p> <p>White Bean Soup Chicken Salad Carrot Raisin Salad Multi-Grain Bread (2 slices) Fresh Banana Milk</p>	<p>22</p> <p>Greek Pastitsio (Greek Beef Pasta Bake) Brussels Sprouts Peach Crisp Milk</p>	<p>23 ~ Lenten Meal ~</p> <p>Tilapia with Crumb Topping Lima Beans Whole Wheat Roll Fresh Orange Nuttty Buddy Bar Milk Tartar Sauce Margarine</p>	<p>24</p> <p>Pork Fried Brown Rice Mixed Vegetables Pineapple Tidbits Fortune Cookie Milk</p>	<p>25</p> <p>Turkey Breast with Gravy Garlic Whipped Potatoes Green Beans Whole Wheat Roll Applesauce Milk Margarine</p>
<p>26</p> <p>Parmesan Crusted Tilapia WG Penne Florentine Peas and Carrots Cranberry Applesauce Milk</p>	<p>27</p> <p>Burrito Bowl* <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Lettuce, and Peaches</i> Milk Taco Sauce</p>	<p>28</p> <p>Asian Chicken Noodle Salad* <i>*Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing</i> Fresh Apple Milk Balsamic Vinaigrette</p>	<p>29</p> <p>Pork Roast with Onion Gravy Brown Rice Capri Vegetable Blend Fresh Orange Milk</p>	<p>Please note: These meals may contain the following allergens: Peanuts   Tree Nuts   Seafood   Shellfish   Soy   Eggs Milk   Wheat   Sesame. All meals contain 8 ounces milk.</p>		<p> Denotes Sodium ≥ 1000 mg</p>