



# MARCH

SERVING SENIORS

LUNCH MENU MARCH 2026

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 Salisbury Steak with Gravy Whipped Potatoes Broccoli Florets Whole Wheat Roll w/Margarine Applesauce
2 Apricot Mustard Chicken Wild Rice Brussels Sprouts Pineapple Tidbits	3 Meatballs with Mediterranean Puttanesca Sauce Whole Grain Egg Rotini Green Peas Sliced Carrots Mixed Fruit	4 Corn Chowder Tuna Salad Cucumber Tomato Salad Whole Grain Hamburger Bun Strawberry Applesauce	5 Pork Carnitas Pinto Beans Fiesta Vegetable Blend Whole Wheat Tortilla Diced Pears Taco Sauce	6 Mini Crab Cakes  Whole Grain Scampi Pasta Broccoli Florets Pineapple Tidbits Multi-Grain Bread Carnival Cookie , Margarine	7 Turkey Breast with Gravy Whipped Potatoes Green Beans Whole Wheat Roll Fresh Orange Margarine	8 Pork Fried Brown Rice Sliced Carrots Stir Fry Vegetable Blend Raisins
9 Whole Grain Turkey Tetrazzini Broccoli Florets Strawberry Applesauce	10 Pork Chile Verde Cilantro Lime Brown Rice Sliced Carrots Whole Grain Corn Muffin Fresh Orange	11 <b>Asian Chicken Noodle Salad*</b> <i>*Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing</i> Diced Pears Balsamic Vinaigrette	12 Hamburger Patty Lettuce & Tomato Ranch Beans Whole Grain Hamburger Bun Tropical Fruit Ketchup / Mustard	13 Salmon Patty with Dill Sauce Brown Rice Florentine California Vegetable Blend Whole Wheat Roll Whole Grain Mixed Fruit Crisp Lemon Juice / Margarine	14 WG Bean & Cheese Burrito Enchilada Sauce Fiesta Corn Green Beans Applesauce	15 Chicken Alfredo Whole Grain Rotini Glazed Carrots Brussels Sprouts Diced Pears
16 Korean BBQ Meatballs  Whole Grain Egg Noodles Collard Greens Edamame Multi-Grain Bread Pineapple Tidbits Margarine	17 ~ St. Patrick's Day ~ Corned Beef Potatoes and Carrots Cabbage Multi-Grain Bread Diced Pears Double Chocolate Chip Cookie Margarine	18 White Bean Soup Egg Salad Apple Broccoli Salad Whole Grain Hamburger Bun Mixed Fruit	19 Meatloaf with Gravy Whipped Potatoes Glazed Carrots Multi-Grain Bread Raisins Margarine	20 Potato Crusted Pollock Confetti Brown Rice Garden Vegetable Blend Whole Wheat Bread Applesauce Oatmeal Raisin Cookie Tartar Sauce Lemon Juice / Margarine	21 Sweet & Sour Chicken Whole Grain Penne Green Beans Tropical Fruit	22 Turkey Breast with Gravy Whole Grain Macaroni & Cheese Mixed Vegetables Mixed Fruit
23 Salisbury Steak with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Diced Pears Margarine	24 Romesco Chicken Whole Grain Rotini Green Peas Garden Vegetable Blend Raisins	25 <b>Chef Salad*</b> <i>*Turkey, Turkey Ham, Egg, Cheddar Cheese, Tomato, Lettuce, Cabbage, and Carrots</i> Whole Wheat Roll Mixed Fruit Ranch Dressing & Margarine	26 BBQ Pork Rib Patty  Roasted Sweet Potatoes Coleslaw Whole Grain Hamburger Bun Applesauce	27 Vegetarian Bean Chili Broccoli Florets Whole Grain Corn Muffin Pineapple Tidbits Strawberry Shortcake Cookie	28 Pumpkin Seed Mole Chicken Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Orange	29 Meatballs & Mushroom Gravy Whole Grain Penne Mixed Vegetables Diced Peaches
30 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend *Whole Grain Biscuit in Entrée Applesauce	31 Sloppy Joe Whole Kernel Corn Coleslaw Whole Grain Hamburger Bun Diced Pears					

**MENU NOTES**

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, wheat.

Menu Subject to Change

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.