



LUNCH MENU FEBRUARY 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 Chicken Alfredo Whole Grain Rotini Glazed Carrots Brussels Sprouts Diced Pears
2 Korean BBQ Meatballs Whole Grain Egg Noodles Collard Greens Cauliflower Multi-Grain Bread Pineapple Tidbits Margarine	3 Burrito Bowl* *Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Romaine Lettuce, and Tomato Diced Pears Taco Sauce	4 White Bean Soup Egg Salad Apple Broccoli Salad Whole Grain Hamburger Bun Mixed Fruit	5 Meatloaf with Gravy Whipped Potatoes Glazed Carrots Multi-Grain Bread Raisins Margarine	6 Potato Crusted Pollock Confetti Brown Rice Garden Vegetable Blend Whole Wheat Bread Applesauce Oatmeal Raisin Cookie Tartar Sauce Lemon Juice Margarine	7 Sweet & Sour Chicken Whole Grain Penne Green Beans Tropical Fruit	8 Turkey Breast with Gravy Whole Grain Macaroni & Cheese Mixed Vegetables Mixed Fruit
9 Salisbury Steak with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Diced Pears Margarine	10 Romesco Chicken Whole Grain Rotini Green Peas Garden Vegetable Blend Raisins	11 Chef Salad* *Turkey, Turkey Ham, Egg, Cheddar Cheese, Tomato, Lettuce, Cabbage, and Carrots Whole Wheat Roll Mixed Fruit Ranch Dressing & Margarine	12 BBQ Pork Rib Patty Roasted Sweet Potatoes Coleslaw Whole Grain Hamburger Bun Applesauce	13 Vegetarian Bean Chili Broccoli Florets Whole Grain Corn Muffin Pineapple Tidbits Strawberry Shortcake Cookie	14 Pumpkin Seed Mole Chicken Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Orange	15 Meatballs & Mushroom Gravy Whole Grain Penne Mixed Vegetables Diced Peaches
16 ~Lunar New Year~ Szechuan Pork Vegetable Fried Brown Rice Peas and Carrots Asian Vegetable Blend Whole Wheat Roll Mandarin Oranges Margarine	17 Sloppy Joe Whole Kernel Corn Coleslaw Whole Grain Hamburger Bun Diced Pears	18 Lentil Soup Hummus Wrap* *Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla Organic Rainbow Carrot Salad with Lemon Dijon Vinaigrette Mixed Fruit	19 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Capri Vegetable Blend Whole Wheat Roll Fresh Orange Margarine	20 Shrimp Etouffee Brown Rice Black-eyed Peas Whole Kernel Corn Diced Pears Chocolate Chip Cookie	21 Apple Cranberry Pork Lentil Vegetable Pilaf Green Beans Whole Wheat Roll Applesauce Margarine	22 General Tso's Chicken Brown Rice Sliced Carrots Broccoli Florets Pineapple Tidbits
23 Pork Parmesan White Beans with Arugula Mixed Vegetables Whole Wheat Roll Strawberry Applesauce Margarine	24 Swedish Meatballs Whole Grain Egg Noodles California Vegetable Blend Whole Wheat Bread Mixed Fruit Margarine	25 Beef & Turkey Taco Salad* *Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce Whole Grain Baked Tortilla Chips Fresh Orange Taco Sauce Ranch Salad Dressing	26 Chicken Lemon Scarpariello Oven Roasted Diced Potatoes Brussels Sprouts Whole Wheat Roll Diced Pears Margarine	27 Potato Crusted Pollock Wild Rice Glazed Carrots Whole Wheat Bread Whole Grain Mixed Fruit Crisp Margarine Tartar Sauce Lemon Juice	28 Pork Stir Fry Whole Grain Spaghetti Edamame Stir Fry Vegetable Blend Pineapple Tidbits Fortune Cookie	

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.