

# FEBRUARY



## SERVING SENIORS

Gary and Mary West Senior Wellness Center


### LUNCH MENU FEBRUARY 2026

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
						<b>1</b> Chicken Alfredo Whole Grain Rotini Glazed Carrots Brussels Sprouts Diced Pears
<b>2</b> Korean BBQ Meatballs  Whole Grain Egg Noodles Collard Greens Cauliflower Multi-Grain Bread Pineapple Tidbits Margarine	<b>3</b> <b>Burrito Bowl*</b> <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Romaine Lettuce, and Tomato</i> Diced Pears Taco Sauce	<b>4</b> White Bean Soup Egg Salad Apple Broccoli Salad Whole Grain Hamburger Bun Mixed Fruit	<b>5</b> Meatloaf with Gravy Whipped Potatoes Glazed Carrots Multi-Grain Bread Raisins Margarine	<b>6</b> Potato Crusted Pollock Confetti Brown Rice Garden Vegetable Blend Whole Wheat Bread Applesauce Oatmeal Raisin Cookie Tartar Sauce Lemon Juice Margarine	<b>7</b> Sweet & Sour Chicken Whole Grain Penne Green Beans Tropical Fruit	<b>8</b> Turkey Breast with Gravy Whole Grain Macaroni & Cheese Mixed Vegetables Mixed Fruit
<b>9</b> Salisbury Steak with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Diced Pears Margarine	<b>10</b> Romesco Chicken Whole Grain Rotini Green Peas Garden Vegetable Blend Raisins	<b>11</b> <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	<b>12</b>  BBQ Pork Rib Patty Roasted Sweet Potatoes Coleslaw Whole Grain Hamburger Bun Applesauce	<b>13</b> Vegetarian Bean Chili Broccoli Florets Whole Grain Corn Muffin Pineapple Tidbits Strawberry Shortcake Cookie	<b>14</b> Pumpkin Seed Mole Chicken Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Orange	<b>15</b> Meatballs & Mushroom Gravy Whole Grain Penne Mixed Vegetables Diced Peaches
<b>16</b> ~ Lunar New Year ~ Szechuan Pork Vegetable Fried Brown Rice Peas and Carrots Asian Vegetable Blend Whole Wheat Roll Mandarin Oranges Margarine	<b>17</b> Sloppy Joe Whole Kernel Corn Coleslaw Whole Grain Hamburger Bun Diced Pears	<b>18</b> Lentil Soup <b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Organic Rainbow Carrot Salad with Lemon Dijon Vinaigrette Mixed Fruit	<b>19</b> Meatballs & Spaghetti Sauce Whole Grain Spaghetti Capri Vegetable Blend Whole Wheat Roll Fresh Orange Margarine	<b>20</b> Shrimp Etouffee Brown Rice Black-eyed Peas Whole Kernel Corn Diced Pears Chocolate Chip Cookie	<b>21</b> Apple Cranberry Pork Lentil Vegetable Pilaf Green Beans Whole Wheat Roll Applesauce Margarine	<b>22</b> General Tso's Chicken Brown Rice Sliced Carrots Broccoli Florets Pineapple Tidbits
<b>23</b>  Pork Parmesan White Beans with Arugula Mixed Vegetables Whole Wheat Roll Strawberry Applesauce Margarine	<b>24</b> Swedish Meatballs Whole Grain Egg Noodles California Vegetable Blend Whole Wheat Bread Mixed Fruit Margarine	<b>25</b> <b>Beef &amp; Turkey Taco Salad*</b> <i>*Ground Turkey &amp; Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce</i> Whole Grain Baked Tortilla Chips Fresh Orange Taco Sauce Ranch Salad Dressing	<b>26</b> Chicken Lemon Scarpariello Oven Roasted Diced Potatoes Brussels Sprouts Whole Wheat Roll Diced Pears Margarine	<b>27</b> Potato Crusted Pollock Wild Rice Glazed Carrots Whole Wheat Bread Whole Grain Mixed Fruit Crisp Margarine Tartar Sauce Lemon Juice	<b>28</b> 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.

CONTACT: 619-235-6572 | WWW.SERVINGSENIORS.ORG