


# March 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> Country Fried Steak Cheesy Brown Rice  鄉村炸牛排 俗氣的糙米	<b>31</b> Oven Fried Chicken Whipped Potatoes  烤箱炸雞 攪打土豆					<b>1</b> Hungarian Pork Brown Rice  匈牙利豬肉 糙米
<b>2</b> Beefy Italian Whole Grain Pasta 濃郁的意大利 全麥麵食	<b>3</b> Curry Chicken Brown Rice  咖哩雞 糙米	<b>4</b> Beef Taco Salad in Whole Wheat Tortilla  塔克牛肉沙拉 全麥玉米餅	<b>5</b> Turkey Swedish Meatballs Whole Grain Penne  土雞瑞典肉丸 全麥通心粉	<b>6</b> Stuffed Pasta Shells  釀意大利面貝壳	<b>7</b> Turkey Breast w/ Sauce Cornbread Dressing 醬汁火雞胸肉 麵包調味汁	<b>8 Set Clocks Forward</b> Creole Steak Country Potatoes  克里奧爾牛排 國家土豆
<b>9</b> Meatloaf w/ Gravy Whipped Potatoes  肉餅配肉汁 攪打土豆	<b>10</b> BBQ Pork Rib Patty Pinto Beans  燒烤排骨肉餅 斑豆	<b>11</b> Corn Chowder Turkey Breast  玉米海鮮湯 火雞胸脯	<b>12</b> Oven Fried Chicken Tater Tot Casserole  烤箱炸雞 塔特砂鍋	<b>13</b> Lemon-Pepper Fish Cheesy Brown Rice  檸檬胡椒魚 俗氣的糙米	<b>14</b> Beef & Rice Casserole Roasted Potato Medley  牛肉米飯砂鍋 烤土豆混合泳	<b>15</b> Turkey Ham & Beans Brown Rice  土雞火腿和豆 糙米
<b>16</b> Beef Taco Cilantro Lime Rice 牛肉捲 香菜石灰飯	<b>17 St. Patrick's Day</b> Beef Stew Oven Roasted Potatoes  燉牛肉 烤箱烤土豆	<b>18</b> Chef Salad Saltine Crackers  主廚沙拉 咸餅乾	<b>19</b> Pork Stir Fry Brown Rice  豬肉炒 糙米	<b>20 Spring Begins</b> Chilaquiles Casserole  墨式玉米片沙鍋、紅米飯	<b>21</b> Turkey Ham, Broccoli, & Brown Rice Bake  土雞火腿、西蘭花、 & 烤糙米	<b>22</b> Beef Italiano W.G. Penne Pasta 意大利牛肉 W.G.通心粉
<b>23</b> Chicken Pot Pie Whipped Potatoes  雞鍋餅 攪打土豆	<b>24</b> Turkey Sausage & Beans Brown Rice 土雞香腸和豆類 糙米	<b>25</b> Minestrone Soup Chicken Salad  蔬菜濃湯 雞肉沙拉	<b>26</b> Sloppy Joe Oven Roasted Potatoes  濃濃香 烤箱烤土豆	<b>27</b> W.G. Crusted Fish Cheesy Penne Pasta 脆魚 起司通心粉	<b>28</b> Salisbury Steak Whipped Potatoes 索爾茲伯里牛排 攪打土豆	<b>29</b> Honey Baked Chicken Mashed Spiced Yams  蜂蜜烤雞 土豆泥五香山藥

"这个项目得到了圣地亚哥健康与人类服务机构、老龄化与独立服务机构的美国老年人法案基金的支持。"

建議為老年人捐款：每餐1.00美元，非老年人4.00美元

菜單可能會發生變化

所有人都可以用餐不管捐還是不捐

