






SERVING SENIORS LUNCH Menu April 2025
Gary and Mary West Senior Wellness Center

Lunch: Mon-Fri, 11-12 p.m., 12:15-1 p.m., 1:15-1:45 p.m./ Sat-Sun, 11-12 p.m., 12:15-1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Sloppy Joe Whole Kernel Corn Coleslaw WW Hamburger Bun Diced Pears	2 Lentil Soup Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Organic Carrot Salad with Lemon Dijon Vinaigrette Mixed Fruit	3 Swedish Meatballs Whole Grain Rotini Pasta Capri Vegetable Blend Fresh Orange	4 ~Lenten Meal~ WG Shrimp Jambalaya Black-eyed Peas Diced Pears Chocolate Chip Cookie	5 General Tso's Chicken Brown Rice Broccoli Florets Applesauce	6 Apple Cider Mustard Glazed Chicken Corn Casserole Whole Wheat Roll Pineapple Tidbits Margarine
7 Salisbury Steak with Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Mandarin Oranges Margarine	8 Pork w/Ginger Scallion Sauce Country Vegetable Blend Whole Wheat Roll Tropical Fruit Margarine	9 Beef & Turkey Taco Salad* <i>*Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce</i> Whole Wheat Tortilla Fresh Orange Taco Sauce Ranch Salad Dressing	10 Baked Chicken Leg Quarter with Cranberry Dijon Sauce Seasoned Penne Pasta Brussels Sprouts Fresh Apple	11 ~Lenten Meal~ Krab Cake Lentil Vegetable Pilaf Green Beans Mixed Fruit WG Oatmeal Apple Bar Lemon Juice Packet	12 Curry Chicken Brown Rice Garden Vegetable Blend Diced Pears	13 Pork Parmesan White Beans w/Arugula Whole Grain Breadstick Tropical Fruit
14 BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Fresh Apple	15 Turkey Divan Brown Rice Glazed Carrots Diced Pears	16 Garden Vegetable Soup Tuna Salad Cucumber Tomato Salad Multi-Grain Bread (2 slices) Fresh Orange	17 Vegetarian Bolognese Whole Grain Penne Pasta Broccoli Florets Fresh Apple Margarine	18 ~Lenten Meal~ Chickpea Tikka Masala Coconut Brown Rice Broccoli Florets Pineapple Tidbits Lorna Doones	19 Turkey Breast with Gravy Cornbread Dressing Green Peas Whole Wheat Roll Fresh Orange Margarine	20 Hungarian Pork Brown Rice Mixed Vegetables Mixed Fruit
21 ~Easter Holiday Meal~ Turkey Ham  Roasted Diced Potatoes Brussels Sprouts Whole Wheat Roll Applesauce Oatmeal Raisin Cookie Margarine	22 Tilapia w/Crumb Topping  Brown Rice Florentine California Vegetable Blend Raisins Lemon Juice Packet	23 Turkey Club Salad* <i>*Turkey, Cheddar Cheese, Tomato, Romaine Lettuce, and Bacon Bits</i> Whole Wheat Roll Mandarin Oranges Blue Cheese Salad Dressing Margarine	24 Hamburger Patty Lettuce & Tomato Ranch Beans WW Hamburger Bun Tropical Fruit Ketchup & Mustard	25 WG Turkey Tetrazzini Peas and Carrots WG Mixed Fruit Crisp	26 Pork with Onion Gravy Brown Rice Pilaf Mixed Vegetables Diced Pears	27 Baked Chicken Leg Quarter with Creamy Paprika Sauce Whole Grain Penne Pasta Brussels Sprouts Fresh Apple
28 Potato Crusted Pollock Brown Rice Garden Vegetable Blend Fresh Orange Tartar Sauce Lemon Juice Packet	29 Burrito Bowl* <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Mixed Fruit, Taco Sauce</i>	30 White Bean Soup Sliced Turkey Breast Provolone Cheese Lettuce & Tomato Broccoli Raisin Salad WW Hamburger Bun Fresh Apple Mustard				

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

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