





SERVING SENIORS LUNCH MENU FEBRUARY 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 WG Bean & Cheese Burrito Enchilada Sauce Fiesta Corn Applesauce	2 Chicken Alfredo Whole Grain Pasta Brussels Sprouts Diced Pears
3 Korean BBQ Mushroom Patties Brown Rice Collard Greens Raisins	4 Burrito Bowl* <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Romaine Lettuce, and Tomato</i> Diced Pears Taco Sauce	5 White Bean Soup Egg Salad Apple Broccoli Salad WW Hamburger Bun Mixed Fruit	6 Meatloaf with Gravy  Whipped Potatoes Glazed Carrots Whole Wheat Roll Pineapple Tidbits Margarine	7 Potato Crusted Pollock Garden Vegetable Blend WW Hamburger Bun Fresh Apple Oatmeal Raisin Cookie Tartar Sauce Lemon Juice	8 Sweet & Sour Meatballs Whole Grain Pasta Green Beans Diced Peaches	9 Turkey Breast with Gravy WG Macaroni & Cheese Mixed Vegetables Mixed Fruit
10 Salisbury Steak with Gravy Brown Rice Sliced Carrots Diced Pears	11 Romesco Chicken Whole Grain Pasta Garden Vegetable Blend Raisins	12 Minestrone Soup  WG Krab Mac Salad Beet Salad Mixed Fruit	13 BBQ Pork Rib Patty Corn O'Brien WW Hamburger Bun Hot Spiced Apples	14 ~Valentine's Day~ Vegetarian Be'f Lasagna Bake Broccoli Florets WG Garlic Breadstick Pineapple Tidbits Strawberry Shortcake Cookie Margarine	15 Pumpkin Seed Mole Chicken Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Fresh Orange	16 Meatballs with Mushroom Gravy Brussels Sprouts Whole Wheat Roll Diced Peaches Margarine
17 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend *WG Biscuit in Entrée Fresh Apple	18 Sloppy Joe Whole Kernel Corn Coleslaw WW Hamburger Bun Diced Pears	19 Lentil Soup Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Organic Carrot Salad with Lemon Dijon Vinaigrette Mixed Fruit	20 Swedish Meatballs Whole Grain Pasta Capri Vegetable Blend Fresh Orange	21 WG Shrimp Jambalaya Black-eyed Peas Diced Pears Chocolate Chip Cookie	22 General Tso's Chicken Brown Rice Broccoli Florets Applesauce	23 Apple Cider Mustard Glazed Chicken Corn Casserole Whole Wheat Roll Pineapple Tidbits Margarine
24 Pork Parmesan White Beans with Arugula Whole Grain Breadstick Strawberry Applesauce Margarine	25 Salmon Patty Dill Sauce Wild Rice Green Peas Diced Peaches	26 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	27 Cranberry Orange Chicken Whole Grain Pasta Brussels Sprouts Raisins	28 Pork Fried Brown Rice Stir Fry Vegetables Raisins Fortune Cookie		

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥ 1000 mg

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

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. **Menu subject to change