



March 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Country Fried Steak Country Gravy Cheesy Brown Rice + Broccoli Whole Wheat Bread Fresh Fruit	31 Oven Fried Chicken Whipped Potatoes Sliced Carrots Mixed Fruit 	 <h2 style="font-size: 4em; color: green; text-align: center;">HAPPY ST. PATRICK'S DAY!</h2>				1 Hungarian Pork Brown Rice Ratatouille Whole Wheat Bread Fresh Fruit 
2 Beefy Italian Whole Grain Pasta Whole Kernel Corn Broccoli Fresh Apple Slices	3 Curry Chicken Brown Rice Peas & Carrots Fresh Fruit 	4 Beef Taco Salad in Whole Wheat Tortilla Fluffy Fruit Salad Taco Sauce 	5 Turkey Swedish Meatballs Whole Grain Penne Broccoli Fresh Fruit 	6 Stuffed Pasta Shells w/ Tomato Basil Sauce Green Beans Whole Wheat Bread Fresh Fruit Chef's Dessert 	7 Turkey Breast w/ Cranberry Orange Sauce Lima Beans Cornbread Dressing Whole Wheat Bread Fresh Fruit	8 Set Clocks Forward Creole Steak Country Potatoes Mixed Vegetables Whole Wheat Bread Pineapple Tidbits 
9 Meatloaf Brown Gravy Whipped Potatoes Green Beans Whole Wheat Bread Mixed Fruit 	10 BBQ Pork Rib Patty Pinto Beans Coleslaw W.W. Hamburger Bun Hot Cherry Applesauce 	11 Corn Chowder Turkey Breast Cheese, Lettuce, Tomato Carrot Raisin Salad Whole Wheat Tortilla Fresh Fruit 	12 Oven Fried Chicken Tater Tot Casserole Brussels Sprouts Whole Wheat Bread Pineapple Tidbits 	13 Cajun Lemon-Pepper Fish Cheesy Brown Rice Green Beans Pineapple Tidbits Cookie 	14 Beef & Rice Casserole Roasted Potato Medley Italian Vegetable Blend Whole Wheat Bread Fresh Fruit 	15 Turkey Ham & Pinto Beans Brown Rice Broccoli Cornbread Mixed Fruit 
16 Beef Taco Cilantro Lime Rice Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	17 St. Patrick's Day Beef Stew Oven Roasted Potatoes Sliced Carrots Whole Wheat Roll Fresh Fruit Chef's Dessert 	18 Chef Salad Saltine Crackers Fresh Fruit Ranch Salad Dressing 	19 Pork Stir Fry Brown Rice Ginger Carrots Pineapple Tidbits Fortune Cookie 	20 Spring Begins Chilaquiles Casserole Harvard Beets Whole Wheat Bread Spiced Mandarin Oranges w/ Pineapple Chef's Dessert 	21 Turkey Ham, Broccoli, & Brown Rice Bake Whole Kernel Corn Green Peas Peaches 	22 Beef Italiano W.G. Penne Pasta Sauteed Garlic Spinach Mixed Fruit 
23 Chicken Pot Pie w/ Whole Grain Biscuit Whipped Potatoes Green Beans Fresh Fruit 	24 Turkey Sausage over Red Beans Brown Rice Mixed Vegetables Pineapple Tidbits 	25 Minestrone Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Ambrosia Fruit Salad 	26 Sloppy Joe Oven Roasted Potatoes Winter Vegetables W.W. Hamburger Bun Mixed Fruit 	27 W.G. Crusted Fish Cheesy Penne Pasta Glazed Carrots Fresh Orange Cookie Tartar Sauce	28 Salisbury Steak Brown Gravy Whipped Potatoes Green Beans Whole Wheat Bread Cinnamon Applesauce	29 Honey Baked Chicken Mashed Spiced Yams Green Peas Whole Wheat Bread Fresh Fruit

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Donations for Seniors: \$1.00 per meal \$4.00 non senior
MENU SUBJECT TO CHANGE

 No eligible person shall be denied a meal because of failure or inability to contribute. 