

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

Please note: These meals may contain the following allergens

Peanuts | Tree Nuts | Seafood | Shellfish | Soy | Eggs | Milk | Wheat | Sesame. All meals contain 8 ounces milk.



Lunch Menu February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10 Grain Pollock California Vegetable Blend Multi-Grain Bread Fresh Banana Milk Tartar Sauce Margarine	2 BBQ Pork Rib Patty Baked Beans Whole Wheat Hamburger Bun Fresh Orange Oatmeal Raisin Cookie Milk
5 Pork Chile Verde Brown Rice Pinto Beans with Red Peppers Fresh Pear Milk	6 Chicken Cacciatore Whole Grain Penne Pasta Spinach Applesauce Milk	7 Garden Vegetable Soup Tuna Salad Cucumber Salad Whole Wheat Hamburger Bun Fresh Banana Milk	8 Creamy Chicken Tikka Coconut Brown Rice Broccoli Florets Peaches Milk	9 Hamburger Patty Lettuce & Tomato Tater Tots Whole Wheat Hamburger Bun Mixed Fruit Crisp Milk Ketchup Mustard
12 Pesto Chicken Whole Grain Rotini Pasta Ratatouille Pineapple Tidbits Milk	13 Apple Glazed Pork Loin Twice Whipped Potatoes Glazed Carrots Whole Wheat Bread Peaches Milk Margarine	14 Lentil Soup Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Cucumber Salad Fluffy Fruit Salad Milk	15 Baked Chicken Pumpkin Seed Mole Cilantro Lime Brown Rice Plantains Tropical Fruit Milk	16 Potato Crusted Fish Whole Wheat Seasoned Couscous Fresh Pear Chocolate Chip Cookie Milk Tartar Sauce
19 Closed City Holiday	20 Salisbury Steak Onion Gravy Delmonico Potatoes Green Peas Whole Wheat Roll Fresh Apple Milk Margarine	21 White Bean Soup Chicken Salad Carrot Raisin Salad Multi-Grain Bread (2 slices) Fresh Banana Milk	22 Greek Pastitsio <i>(Greek Beef Pasta Bake)</i> Brussels Sprouts Peach Crisp Milk	23 <i>~ Lenten Meal ~</i> Tilapia with Crumb Topping Lima Beans Whole Wheat Roll Fresh Orange Nutty Buddy Bar Milk Tartar Sauce Margarine
26 Parmesan Crusted Tilapia Whole Grain Penne Florentine Peas and Carrots Cranberry Applesauce Milk	27 Burrito Bowl* <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn,</i> Peaches Milk Taco Sauce	28 Asian Chicken Noodle Salad* <i>*Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing</i> Fresh Apple Milk Balsamic Vinaigrette	29 Pork Roast with Onion Gravy Brown Rice Capri Vegetable Blend Fresh Orange Milk	 Denotes Sodium ≥ 1000 mg