



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch served at noon. Check in by 11:45a.m.</p> <p>Senior 60+: \$4 donation. Under 60 years of age: \$8 fee.</p>	<p>Reservations required. Please call 760.643.5288 by 1pm the previous day.</p> <p>No eligible person shall be denied a meal because of failure or inability to contribute.</p>			<p>1</p> <p>Greek Chicken Rice, Lentils Spinach Salad Orange, Milk Alternate Option Lentil Soup Cottage Cheese, Veggie Sticks on Lettuce, Roll, Orange, Milk <i>Mark Borgas on Guitar</i></p>
<p>4</p> <p>Meat Loaf Mashed Potatoes Beets, Roll Pineapple Chunks, Milk Alternate Option Pepperoni Pizza Spinach Salad, Roll Pineapple Chunks, Milk</p>	<p>5</p> <p>Chicken and Vegetable Stir Fry Fried Rice Spinach Salad Mandarin Oranges, Milk Alternate Option Vegetable Soup Chicken Salad on Romaine, Roll Mandarin Oranges, Milk <i>Bingo</i></p>	<p>6</p> <p>*Baked Ziti with Meat Sauce House Salad Roll Apple, Milk Alternate Option Bean and Cheese Burrito Mexican Salad Apple, Milk</p>	<p>7</p> <p>Beef Stroganoff Winter Blend Vegetables House Salad and Roll Fruited Jell-O, Milk Alternate Option Minestrone Soup Egg Salad on Romaine, Roll Fruited Jell-O, Milk</p>	<p>8</p> <p>Chicken Tortilla Casserole Carrots, Salad Roll Banana, Milk Alternate Option Barley Soup Cottage Cheese with Fruit on Romaine, Roll, Banana, Milk <i>Mark Borgas on Guitar</i></p>
<p>11</p> <p>Lemon Baked Tilapia Steamed Rice Broccoli Orange, Milk Alternate Option Meatball Sub Garden Salad Orange, Milk</p>	<p>12</p> <p>Chicken Marsala Baked Potato Mixed Vegetables Roll, Fruit and Yogurt, Milk Alternate Option Split Pea Soup Tuna Sandwich, House Salad Fruit and Yogurt, Milk <i>Bingo</i></p>	<p>13</p> <p>Rosemary Pork Loin Baked Yam Green Beans, Roll Ambrosia, Milk Alternate Option Beef Taco Salad with Cheese and Lettuce Roll, Ambrosia, Milk</p>	<p>14</p> <p>Valentine's Day Luncheon Salisbury Steak with Gravy Mashed Potatoes Peas and Carrots Strawberries, Milk No Alternate Option</p>  <p><i>Ricky Rivas</i></p>	<p>15</p> <p>Beef Burgundy over Egg Noodles Garden Salad Roll, Banana, Milk Alternate Option Vegetable Soup Egg Salad Sandwich House Salad, Banana, Milk <i>Mark Borgas on Guitar</i></p>
<p>18</p> <p>PRESIDENTS DAY CENTER CLOSED</p>	<p>19</p> <p>Lemon Chicken Mashed Red Potatoes Seasoned Spinach Roll, Diced Fruit, Milk Alternate Option Chicken Noodle Soup Egg Salad Sandwich Garden Salad, Diced Fruit, Milk <i>Bingo</i></p>	<p>20</p> <p>Ham and Spinach Frittata Roasted Potatoes Oregon Blend Vegetables Roll, Tropical Fruit, Milk Alternate Option Barley Soup, Spinach Garden Salad with Grilled Chicken Roll, Tropical Fruit, Milk</p>	<p>21</p> <p>Chili with Beans Seasoned Peas, House Salad Cornbread, Banana, Milk Alternate Option Tomato Basil Soup Cottage Cheese and Garden Vegetables on Romaine Crackers, Banana, Milk</p>	<p>22</p> <p>Country Cherry Festival *Barbecued Pulled Pork Sandwich Cole Slaw Chuck Wagon Corn Cherry Cobbler Milk No Alternate Option</p>  <p><i>Cowboy Jack</i></p>
<p>25</p> <p>Oven Fried Chicken Mashed Potatoes Gravy, Mixed Vegetables Roll, Diced Fruit, Milk Alternate Option Minestrone Soup Tuna Sandwich Garden Salad, Diced Fruit, Milk</p>	<p>26</p> <p>*Lasagna with Meat Sauce California Blend Vegetables Mandarin Orange Ambrosia Roll, Milk Alternate Option Tortilla Soup, Turkey Caesar Salad, Marinated Carrots, Roll Mandarin Orange Ambrosia, Milk <i>Bingo</i></p>	<p>27</p> <p>Breaded Pollock Fillet Vegetable Slaw Green Beans, Roll Strawberries, Milk Alternate Option Chicken Soup, Cottage Cheese & Garden Vegetables on Romaine Crackers, Strawberries, Milk</p>	<p>28</p> <p>Hearty Turkey Stew Garden Salad Biscuit Pear & Cranberry Cobbler, Milk Alternate Option Tomato Basil Soup, Chicken Salad Sandwich, Garden Salad Pear & Cranberry Cobbler, Milk</p>	

(*) High Sodium Menu - More than 1000mg

This program is supported by the older Americans Act funds, awarded through the San Diego County Aging and Independence Services and the City of Vista.