

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>*Ham Steak Pineapple Sauce Sweet Potatoes Green Beans, Roll, Orange, Milk Alternate Option Lentil Soup Tuna Sandwich House Salad, Orange, Milk</p>
<p>4</p> <p>*Chinese Beef and Peppers Steamed Rice Parslied Carrots Strawberries, Milk Alternate Option Meatball Sub Spinach Salad Strawberries, Milk</p>	<p>5</p> <p>Jambalaya Mixed Vegetables Cornbread Orange, Milk Alternate Option Beef Barley Soup Cottage Cheese with Garden Vegetables, Roll, Orange, Milk <i>Bingo</i></p>	<p>6</p> <p>Chili with Beans Chuck Wagon Corn House Salad Roll, Watermelon, Milk Alternate Option Vegetable Soup Egg Salad Sandwich Tossed Salad, Watermelon, Milk</p>	<p>7</p> <p>Barbecued Chicken Macaroni and Cheese Broccoli Pineapple, Milk Alternate Option Lentil Soup Tuna and Lettuce Wrap Carrot Salad, Pineapple, Milk</p>	<p>8</p> <p>Baked Tilapia w/Tartar Sauce Roasted Potatoes Brussels Sprouts Roll, Tropical Fruit, Milk Alternate Option Potato Soup Garden Salad w/Diced Turkey Roll, Tropical Fruit, Milk <i>Mark Borgas on Guitar</i></p>
<p>11</p> <p>*Spaghetti with Meatballs Caesar Salad Roll Cantaloupe, Milk Alternate Option Breaded Fish with Tartar Sauce Cole Slaw Roll, Cantaloupe, Milk</p>	<p>12</p> <p>Tuna and Noodle Casserole Spinach Salad Roll Fruited Jell-O, Milk Alternate Option Barley Soup, Roll, Chicken Caesar Salad, Marinated Vegetables, Fruited Jell-O, Milk <i>Bingo</i></p>	<p>13</p> <p>Roast Turkey with Gravy Mashed Potatoes Mixed Vegetables Roll, Strawberries, Milk Alternate Option Bean and Cheese Burrito Garden Salad Strawberries, Milk <i>Lucille Guevarra on Piano</i></p>	<p>14</p> <p>Apple Roasted Pork Loin Rice Pilaf Seasoned Zucchini Mandarin Ambrosia, Milk Alternate Option Lentil Soup, Cottage Cheese on Greens, Veggie Sticks, Roll Mandarin Ambrosia, Milk <i>Grocery Store Bingo</i></p>	<p>15 St. Patrick's Day Luncheon</p> <p>Corned Beef and Cabbage Mustard Sauce, Red Potatoes Carrots, Roll Apple Crisp, Milk Alternate Option Minestrone Soup, Egg Salad on Romaine, Carrot Sticks Roll, Apple Crisp Milk <i>Doug Allen</i></p>
<p>18</p> <p>Breaded Pollock Fillet Tartar Sauce Potato Wedges, Cole Slaw Roll, Orange, Milk Alternate Option Bean and Cheese Burrito Garden Salad Orange, Milk</p>	<p>19</p> <p>Beef Tips Over Egg Noodles Tuscan Blend Vegetables Roll Strawberries, Milk Alternate Option Split Pea Soup Spinach Salad w/Diced Turkey Roll, Strawberries, Milk <i>Bingo</i></p>	<p>20</p> <p>Grilled Chicken Harvest Rice Steamed Broccoli Cantaloupe, Milk Alternate Option Barley Soup Tuna Salad on Greens Carrot Sticks, Cantaloupe, Milk</p>	<p>21</p> <p>Cheeseburger Baked Beans Peas and Carrots Tropical Fruit, Milk Alternate Option Chicken Soup Egg Salad Sandwich Carrot Sticks, Tropical Fruit, Milk</p>	<p>22</p> <p>Roast Turkey and Gravy Candied Yams, Seasoned Spinach, Bread Dressing Spiced Peaches, Milk Alternate Option Vegetarian Chili, Cottage Cheese on Greens, Veggie Sticks, Roll Spiced Peaches, Milk <i>Mark Borgas on Guitar</i></p>
<p>25</p> <p>Sweet and Sour Chicken Brown Rice Ginger Carrots Mandarin Oranges, Milk Alternate Option Egg Salad Sandwich House Salad with Shredded Carrots, Mandarin Oranges, Milk</p>	<p>26</p> <p>Shepherd's Pie Spinach Salad Roll Ambrosia, Milk Alternate Option Vegetable Soup Chicken Salad on Romaine Roll, Ambrosia, Milk <i>Bingo</i></p>	<p>27</p> <p>Pork Roast Roasted Potatoes, Gravy Brussels Sprouts, Roll Baked Apples, Milk Alternate Option Cream of Tomato Soup Baked Tilapia, Tartar Sauce Seasoned Spinach, Roll Baked Apples, Milk</p>	<p>28 March into Spring Luncheon</p> <p>Baked Salmon w/Dill Sauce Herbed Pasta California Blend Vegetables Diced Melon, Milk Alternate Option Tortilla Soup, House Salad with Diced Turkey and Marinated Vegetables, Roll, Diced Melon, Milk <i>Blues Pharoahs</i></p>	<p>29</p> <p>Fried Chicken Mashed Potatoes Seasoned Peas Roll, Strawberries, Milk Alternate Option Barley Soup Cottage Cheese & Pineapple on Romaine, Roll, Strawberries, Milk <i>Mark Borgas on Guitar</i></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.