

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p>*Spaghetti with Meatballs Spinach Salad Orange Wedges Milk <b>Alternate Option</b> Vegetable Soup, Egg Salad Sandwich, House Salad Orange Wedges, Milk</p>	<p>Oven Fried Chicken Potato Salad Baked Beans, Roll Honeydew, Milk <b>Alternate Option</b> Lentil Soup, Cottage Cheese with Vegetables on Romaine Wheat Cracker, Honeydew, Milk <i>Bingo</i></p>	<p>Chili with Beans Garden Salad Cornbread Strawberries, Milk <b>Alternate Option</b> Chicken Soup Tuna Sandwich, Garden Salad Strawberries, Milk <i>Lucille Guevarra on Piano</i></p>	<p>Breaded Pollock Fillet Tartar Sauce, Rice Pilaf Fried Cabbage Diced Watermelon, Milk <b>Alternate Option</b> Cream of Potato Soup Chicken Salad on Romaine Roll, Diced Watermelon, Milk</p>	<p>* Carnitas Soft Taco (Pork) Refried Beans Mixed Vegetables Peach &amp; Cranberry Compote, Milk <b>Alternate Option</b> Meatball Sub Seasoned Carrots, Caesar Salad Peach &amp; Cranberry Compote, Milk <i>Mark Borgas on Guitar</i></p>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<p>*Barbecued Chicken Baked Beans Cole Slaw Roll, Cantaloupe, Milk <b>Alternate Option</b> Tortilla Soup Tuna Salad on Romaine Roll, Cantaloupe, Milk</p>	<p>*Beef Enchilada Casserole Refried Beans Seasoned Spinach, Roll Mandarin Oranges, Milk <b>Alternate Option</b> Barley Soup Egg Salad Sandwich, Spinach Salad, Mandarin Oranges, Milk <i>Bingo</i></p>	<p>Lemon Baked Tilapia Tartar Sauce, Brown Rice California Blend Vegetables Pineapple Ambrosia, Milk <b>Alternate Option</b> Chicken Soup, Ham and Cheese Sandwich, Garden Salad Pineapple Ambrosia, Milk</p>	<p>Meat Loaf and Gravy Mashed Potatoes Steamed Broccoli, Roll Banana, Milk <b>Alternate Option</b> Vegetable Soup, Chicken Salad Wrap w/Lettuce, Marinated Vegetables, Banana, Milk <i>Richard Armstrong</i></p>	<p>Chicken Pot Pie Chuck Wagon Corn Spring Mix Salad, Roll Watermelon, Milk <b>Alternate Option</b> Lentil Soup, Turkey Caesar Salad with Shredded Carrots Roll, Watermelon, Milk <i>Mark Borgas on Guitar</i></p>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p>Salisbury Steak Macaroni and Cheese Stewed Tomatoes Strawberries, Milk <b>Alternate Option</b> Split Pea Soup Cheese Pizza, House Salad Roll, Strawberries, Milk</p>	<p>Pork Roast with Gravy Roasted Potatoes Mixed Vegetables, Roll Cinnamon Applesauce, Milk <b>Alternate Option</b> Lentil Soup, Tuna Salad Sandwich, Marinated Vegetables Cinnamon Applesauce, Milk <i>Bingo</i></p>	<p>Chinese Ginger Chicken Stir Fried Noodles House Salad Orange Wedges, Milk <b>Alternate Option</b> Barley Soup, Chicken Salad on Romaine, Carrot Sticks, Roll Orange Wedges, Milk</p>	<p>*Lasagna with Meat Sauce Beets House Salad, Roll Tropical Fruit, Milk <b>Alternate Option</b> Vegetable Soup, Cottage Cheese w/Veggies on Romaine Wheat Cracker, Tropical Fruit, Milk</p>	<p><b>Celebrate Spring Luncheon</b> Cranberry Glazed Ham Mashed Sweet Potatoes Mixed Vegetables Roll, Cherry Cobbler, Milk <b>Alternate Option</b> Minestrone Soup, Egg Salad Sandwich, Carrot &amp; Broccoli Salad Cherry Cobbler, Milk <i>Peter Seltser Sings</i> </p>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<p>Beef and Cabbage Casserole Mashed Potatoes Salad, Roll Cantaloupe, Milk <b>Alternate Option</b> Barley Soup Egg Salad on Spinach Roll, Cantaloupe, Milk</p>	<p>*Ham and Cheese Quiche Roasted Sweet Potatoes Roll Mandarin Oranges, Milk <b>Alternate Option</b> Lentil Soup, Tuna Salad with Vegetables on Romaine Roll, Mandarin Oranges, Milk <i>Bingo</i></p>	<p>Open Faced Turkey Sandwich on Wheat with Gravy Seasoned Zucchini Strawberries, Milk <b>Alternate Option</b> Vegetable Soup, Chicken Salad Wrap w/Lettuce, Marinated Vegetables, Strawberries, Milk</p>	<p>* Swedish Meatballs Herbed Pasta California Blend Vegetables Banana, Milk <b>Alternate Option</b> Chicken Noodle Soup Turkey and Cheese Sandwich Salad, Banana, Milk</p>	<p>Roasted Chicken Oven Browned Potatoes Oregon Bean Medley, Roll Mixed Berry Crisp, Milk <b>Alternate Option</b> Tomato Basil Soup Cottage Cheese on Romaine, Roll Mixed Berry Crisp, Milk <i>Mark Borgas on Guitar</i></p>
<b>29</b>	<b>30</b>			
<p>Fish Taco on Corn Tortilla with Cabbage Pinto Beans, Spanish Rice Strawberries, Milk <b>Alternate Option</b> Split Pea Soup House Salad with Turkey Strips Wheat Cracker, Strawberries, Milk</p>	<p>Cheeseburger Potato Salad Peas and Carrots Watermelon, Milk <b>Alternate Option</b> Chicken Tortilla Soup Egg Salad on Mixed Greens Crackers, Watermelon, Milk <i>Bingo</i></p>			
			<p><b>Lunch served at noon. Check in by 11:45a.m.</b></p> <p><b>Senior 60+: \$4 donation. Under 60 years of age: \$8 fee.</b></p>	<p><b>Reservations required. Please call 760.643.5288 by 1pm the previous day.</b></p> <p><b>No eligible person shall be denied a meal because of failure or inability to contribute.</b></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.