

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Lunch served at noon.</b> <b>Check in by 11:45a.m.</b></p> <p><b>Senior 60+: \$4 donation.</b> <b>Under 60 years of age: \$8 fee.</b></p>	<p><b>Reservations required. Please call 760.643.5288 by 3pm the previous day.</b></p> <p><b>No eligible person shall be denied a meal because of failure or inability to contribute.</b></p>	<p><b>All breads and pastas are whole wheat</b></p> <p><b>All milk served is 1% low fat</b></p>		
<p><b>3</b></p> <p>Cheeseburger Roasted Sweet Potatoes, Peas Pineapple Tidbits, Milk <b>Alternate Option</b> Chicken Tortilla Soup Cottage Cheese and Tomato on Spinach, Wheat Cracker Pineapple Tidbits, Milk</p>	<p><b>4</b></p> <p>*Chili with Beans Mixed Vegetables Cornbread Strawberries, Milk <b>Alternate Option</b> Split Pea Soup Egg Salad Sandwich, House Salad, Strawberries, Milk <i>Bingo</i></p>	<p><b>5</b></p> <p>Pork Roast Gravy, Red Potatoes Sweet and Sour Cabbage Roll, Banana, Milk <b>Alternate Option</b> Navy Bean Soup, Tuna Salad on Romaine, Marinated Carrots Wheat Roll, Banana, Milk</p>	<p><b>6</b></p> <p>Baked Denver Omelet Hash Browns Biscuit Tropical Fruit Cup, Milk <b>Alternate Option</b> Broccoli Cheese Soup, Grilled Chicken and Roasted Veggie Wrap, Tropical Fruit Cup, Milk</p>	<p><b>7</b></p> <p>Monterey Chicken Rice California Blend Vegetables Roll, Mandarin Oranges, Milk <b>Alternate Option</b> Vegetable Soup, Ham and Cheese Sandwich, House Salad Mandarin Oranges, Milk <i>Mark Borgas on Guitar</i></p>
<p><b>10</b></p> <p>*Lasagna with Meat Sauce Broccoli and Carrots Garlic Bread Fresh Melon, Milk <b>Alternate Option</b> Cream of Carrot Soup Tuna Salad Sandwich Tossed Salad, Fresh Melon, Milk</p>	<p><b>11</b></p> <p>Baked Cod, Tartar Sauce Macaroni &amp; Cheese Peas and Carrots Pineapple Parfait, Milk <b>Alternate Option</b> Vegetable Soup, Grilled Chicken Sandwich, House Salad Pineapple Parfait, Milk <i>Bingo</i></p>	<p><b>12</b></p> <p>Roast Turkey Gravy, Mashed Potatoes Brussels Sprouts Roll, Ambrosia, Milk <b>Alternate Option</b> Albondigas Soup, Egg Salad on Romaine, Wheat Crackers Ambrosia, Milk</p>	<p><b>13</b></p> <p>Swedish Meatballs Egg Noodles California Blend Vegetables Roll, Fresh Apple, Milk <b>Alternate Option</b> Mushroom Soup, Chicken Caesar Salad with Shredded Carrots, Crackers, Apple, Milk</p>	<p><b>14</b></p> <p><b>Valentine's Day Luncheon</b></p> <p>Herbed Baked Chicken Gravy Mixed Vegetables Rice Pilaf Strawberry Shortcake Milk  <i>Moses, Live Music</i></p>
<p><b>17</b></p> <p><b>CENTER CLOSED PRESIDENTS' DAY</b></p>	<p><b>18</b></p> <p>Pot Roast with Gravy Red Potatoes Corn, Roll Tropical Fruit Cup, Milk <b>Alternate Option</b> Split Pea Soup Egg Salad Sandwich, House Salad, Tropical Fruit Cup, Milk <i>Bingo</i></p>	<p><b>19</b></p> <p>Mushroom Chicken Steamed Rice, Broccoli and Carrots, Spiced Peaches, Milk <b>Alternate Option</b> Chicken Tortilla Soup, Cottage Cheese &amp; Tomato on Spinach Wheat Cracker Spiced Peaches, Milk</p>	<p><b>20</b></p> <p>*Barbecued Pulled Pork Cole Slaw Roasted Sweet Potatoes Roll, Strawberries, Milk <b>Alternate Option</b> Vegetable Soup Tuna Sandwich, Carrot Salad Strawberries, Milk</p>	<p><b>21</b></p> <p>Beef Stew over Rice House Salad Banana Milk <b>Alternate Option</b> Lentil Soup House Salad with Turkey and Cheese, Roll, Banana, Milk <i>Mark Borgas on Guitar</i></p>
<p><b>24</b></p> <p>Chicken Alfredo over Pasta Capri Vegetables Orange Wedges, Milk <b>Alternate Option</b> Cream of Chicken Soup House Salad with Egg and Shredded Carrots, Wheat Crackers, Orange Wedges, Milk</p>	<p><b>25</b></p> <p>Meat Loaf and Gravy Seasoned Spinach Baked Potato Roll, Pineapple, Milk <b>*Alternate Option</b> Cream of Tomato Soup Chicken Salad on Romaine Roll, Pineapple, Milk <i>Bingo</i></p>	<p><b>26</b></p> <p><b>Cherry Pie Festival Luncheon</b></p> <p>Fried Chicken Baked Beans Scandinavian Blend Vegetables Roll, Tropical Fruit Cherry Pie Milk  <i>Peter Seltser, Live Music</i></p>	<p><b>27</b></p> <p>*Pasta with Meat Sauce Spinach Salad Garlic Roll Fresh Melon, Milk <b>Alternate Option</b> Vegetable Soup Grilled Chicken Sandwich House Salad, Fresh Melon, Milk</p>	<p><b>28</b></p> <p>Cheeseburger Potato Salad Peas and Carrots Mandarin Oranges, Milk <b>Alternate Option</b> Split Pea Soup Egg Salad Sandwich, House Salad, Mandarin Oranges, 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.