



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>The suggested contribution for each meal is \$3.00. Your contribution is purely voluntary and confidential. You will not be denied a meal if you choose not to contribute. This nutrition program is supported in part by the County of San Diego, Aging &amp; Independent Services.</p>		<p><b>Menu Subject to Change</b></p> <p> Denotes Sodium ≥ 1000 mg</p>				<p>1</p> <p>Salisbury Steak with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fruit Margarine</p>
<p>2</p> <p>Chicken Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Fruit Cup</p>	<p>3</p> <p>Pork Tamale Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fruit</p>	<p>4</p> <p>Turkey a la King Whole Grain Egg Noodles Glazed Carrots Fruit</p>	<p>5</p> <p>Salmon Patty Dill Sauce Garlic Parmesan Brown Rice Broccoli Florets Fruit</p>	<p>6</p> <p>Hungarian Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fruit Cup Margarine</p>	<p>7</p> <p>Meatballs &amp; Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Fruit</p>	<p>8</p> <p>Turkey Breast with Gravy Roasted Sweet Potatoes Green Peas Whole Wheat Roll Fruit Cup Margarine</p>
<p>9</p> <p>Italian Beef &amp; Turkey Whole Grain Penne Bake Broccoli Florets Whole Grain Garlic Breadstick Fruit Margarine</p>	<p>10</p> <p>Potato Crusted Pollock WG Macaroni &amp; Cheese California Vegetable Blend Fruit Tartar Sauce</p>	<p>11</p> <p>Sofrito Chicken Brown Rice Black Beans Corn w/Tomatoes &amp; Green Chiles Fruit Cup</p>	<p>12</p> <p>Pork with Onion Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Fruit Cup Margarine</p>	<p>13</p> <p>Hamburger Patty Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, &amp; Mayo</p>	<p>14</p> <p>Whole Grain Turkey Tetrazzini Green Peas Sliced Carrots Fruit Cup</p>	<p>15</p> <p>Baked Chicken Breast Roasted Garlic Marsala Sauce Whole Grain Penne Pasta Brussels Sprouts Cauliflower Fruit</p>
<p>16</p> <p>Turkey Breast with Gravy WG Macaroni &amp; Cheese California Vegetable Blend Fruit</p>	<p>17</p> <p><b>St. Patrick's Day Meal</b> Corned Beef Roasted Diced Potatoes Sliced carrots Cabbage Rye Bread Fruit Cup Margarine</p>	<p>18</p> <p>Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans Calabacitas Fruit</p>	<p>19</p> <p>Potato Crusted Pollock Scalloped Potatoes Green Peas Whole Wheat Roll Fruit Cup Margarine Tartar Sauce</p>	<p>20</p> <p>Chicken Fried Steak Mashed Potatoes Glazed Carrots Whole Wheat Bread Fruit Margarine</p>	<p>21</p> <p>Jamaican Jerk Chicken Brown Rice Plantains Broccoli Florets Fruit Cup</p>	<p>22</p> <p>Sweet &amp; Sour Meatballs Whole Grain Penne Pasta Whole Kernel Corn Green Beans Fruit Cup</p>
<p>23</p> <p>Chicken Fried Rice Japanese Vegetable Blend Cabbage Fruit Cup Fortune Cookie</p>	<p>24</p> <p>Apple Cider Mustard Glazed Pork Roasted Sweet Potatoes Broccoli Florets Whole Wheat Roll Fruit Margarine</p>	<p>25</p> <p>Lemon Scarpariello Chicken Whole Rotini Pasta Tuscany Vegetable Blend Spinach Fruit</p>	<p>26</p> <p>BBQ Pork Rib Patty Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Fruit</p> <p></p>	<p>27</p> <p>Baked Chicken Breast Pumpkin Seed Mole Cilantro Lime Brown Rice Black Beans Fruit Cup</p>	<p>28</p> <p>Baked Meatballs Mediterranean Sauce Whole Grain Penne Pasta Northern Beans California Vegetable Blend Fruit Cup</p>	<p>29</p> <p>Peri Peri Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll Fruit Margarine</p>
<p>30</p> <p>BBQ Chicken Drumsticks WG Macaroni &amp; Cheese Seasoned Collard Greens Fruit</p>	<p>31</p> <p>Szechuan Pork Brown Rice Baby Carrots Broccoli Florets Fruit Cup</p>					<p><b>Beverage Choice:</b> Milk, or Juice.</p>