



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 & Independent Services.</p>		<p>Menu Subject to Change</p> <p> Denotes Sodium ≥ 1000 mg</p>				<p>1 Vegetarian Meatballs w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fruit Margarine</p>
<p>2 White Bean Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Fruit Cup</p>	<p>3 Tofu Al Pastor Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fruit</p>	<p>4 Northern Bean a la King Whole Grain Egg Noodles Glazed Carrots Fruit</p>	<p>5 Chickpea Vera Cruz Garlic Parmesan Brown Rice Broccoli Florets Fruit</p>	<p>6 Hungarian Tofu Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fruit Cup Margarine</p>	<p>7 Vegetarian Meatballs & Spaghetti Sauce Whole Grain Spaghetti Brussels Sprouts Fruit</p>	<p>8 Cheese Omelet Sausage Patty Roasted Sweet Potatoes Whole Wheat English Muffin Fruit Cup Margarine & Jelly</p>
<p>9 Vegetarian Lasagna Bake Broccoli Florets Whole Grain Garlic Breadstick Fruit Margarine</p>	<p>10 Hoppin John WG Macaroni & Cheese California Vegetable Blend Fruit</p>	<p>11 Black Beans Brown Rice Corn w/Tomatoes & Green Chiles Fruit Cup</p>	<p>12 Tofu with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Fruit Cup Margarine</p>	<p>13 Black Bean Burger  Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo</p>	<p>14 Orange Glazed Tofu Brown Rice Green Peas Sliced Carrots Fruit Cup</p>	<p>15 Northern Bean Alfredo Whole Grain Penne Pasta Brussels Sprouts Cauliflower Fruit</p>
<p>16 Tofu with Gravy WG Macaroni & Cheese California Vegetable Blend Fruit</p>	<p>17 St. Patrick's Day Holiday Meal Bean Chili Brown Rice Glazed Carrots Rye Bread Fruit Cup Margarine</p>	<p>18 WG Bean & Cheese Burrito  Enchilada Sauce Charro Beans Calabacitas Fruit</p>	<p>19 Black-eyed Peas Scalloped Potatoes Green Peas Whole Wheat Roll Fruit Cup Margarine</p>	<p>20 Vegetarian Meatballs w/Gravy Mashed Potatoes Glazed Carrots Whole Wheat Bread Fruit Margarine</p>	<p>21 Black Beans Brown Rice Plantains Broccoli Florets Fruit Cup</p>	<p>22 Vegetarian Meatballs Sweet & Sour Sauce Whole Grain Penne Pasta Whole Kernel Corn Green Beans Fruit Cup</p>
<p>23 Tofu Fried Rice Japanese Vegetable Blend Cabbage Fruit Cup Fortune Cookie</p>	<p>24 Apricot Mustard Tofu Roasted Sweet Potatoes Broccoli Florets Whole Wheat Roll Fruit Margarine</p>	<p>25 Vegetarian Bolognese Whole Rotini Pasta Tuscany Vegetable Blend Spinach Fruit</p>	<p>26 BBQ Black Bean Burger  Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Fruit</p>	<p>27 Cheese Enchiladas Enchilada Sauce Cilantro Lime Brown Rice Black Beans Fruit Cup</p>	<p>28 Kidney Beans Mediterranean Sauce Whole Grain Penne Pasta California Vegetable Blend Fruit Cup</p>	<p>29 Peri Peri Tofu Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll Fruit Margarine</p>
<p>30 BBQ Tofu WG Macaroni & Cheese Seasoned Collard Greens Fruit</p>	<p>31 Bean Chili Brown Rice Baby Carrots Broccoli Florets Fruit Cup</p>					<p>Beverage Choice: Milk, or Juice.</p>