

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch served at noon.</p> <p>Senior 60+: \$4 donation.</p> <p>Under 60 years of age: \$8 fee.</p>	<p>Reservations are required. Please call 760.643.5288 by 2pm 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>Chili with Beans Seasoned Zucchini House Salad Cornbread, Banana Alternate Option Chicken Soup Cottage Cheese & Fruit on Romaine, Cornbread, Banana</p>	<p>2</p> <p>*Ham Steak Pineapple Sauce Sweet Potatoes, Green Beans Roll, Navel Orange Alternate Option Lentil Soup Egg Salad on Romaine Carrot Sticks, Navel Orange <i>Regina K. Performance</i></p>
<p>5</p> <p>Beef & Bell Pepper Casserole with Brown Rice Carrots Diced Fruit Alternate Option Vegetable Soup Tuna Salad on Romaine Diced Fruit <i>Bingo for Prizes</i></p>	<p>6</p> <p>*Pulled Pork Taco Cole Slaw Corn Orange Alternate Option Minestrone Soup Salad with Diced Ham Orange <i>Bingo for Prizes</i></p>	<p>7</p> <p>Chicken Alfredo Pasta Seasoned Carrots House Salad, Roll, Apple Crisp Alternate Option Split Pea Soup Egg Salad Sandwich, Salad Carrot Salad, Apple Crisp</p>	<p>8</p> <p>Lemon Baked Fish Brown Rice, Beets House Salad Roll, Banana Alternate Option Chicken Soup Cottage Cheese & Fruit on Romaine, Banana</p>	<p>9</p> <p>Baked Chicken with Gravy Baked Potato House Salad Roll, Fruited Jell-O Alternate Option Lentil Soup Tuna Sandwich House Salad, Fruited Jell-O <i>Dominique Oei on Piano</i></p>
<p>12</p> <p>*Spaghetti with Meatballs House Salad Roll Navel Orange Alternate Option Barley Soup Chicken Salad on Romaine Navel Orange</p>	<p>13</p> <p>Beef Stroganoff Egg Noodles House Salad Baked Apple Alternate Option Minestrone Soup Egg Salad on Romaine Baked Apple <i>Bingo for Prizes</i></p>	<p>14</p> <p>*Barbecued Chicken Baked Potato Broccoli Roll, Diced Fruit Alternate Option Vegetable Soup Tuna Salad on Romaine Roll, Diced Fruit</p>	<p>15</p> <p>Sweet and Sour Pork Brown Rice Seasoned Zucchini Banana Alternate Option Lentil Soup Cottage Cheese & Fruit on Romaine, Banana</p>	<p>16</p> <p>St. Patrick's Day Luncheon *Corned Beef and Cabbage Mustard Sauce Red Potatoes Carrots, Roll, Fruited Jell-O Alternate Option Barley Soup Chicken Caesar Salad Fruited Jell-O <i>Billy Hawkins Band</i></p> 
<p>19</p> <p>Fish Cake with Tartar Sauce Rice Mixed Vegetables Orange Alternate Option Chicken Soup Egg Salad Sandwich Carrot Sticks, Orange</p>	<p>20</p> <p>Beef Tips Baked Potato Steamed Green Beans Apple Alternate Option Split Pea Soup Fruit with Cottage Cheese on Romaine, Apple <i>Bingo for Prizes</i></p>	<p>21</p> <p>Grilled Chicken Brown Rice Steamed Broccoli Diced Fruit Alternate Option Vegetable Soup Tuna Salad on Romaine Roll, Diced Fruit <i>Roosevelt Wildcat Band</i></p>	<p>22</p> <p>*Barbecued Pulled Pork Roasted Potatoes Baked Beans Banana Alternate Option Barley Soup Chicken Salad on Romaine Carrot Sticks, Banana</p>	<p>23</p> <p>*Ham Steak Sweet Potatoes Zucchini, Roll Fruit and Yogurt Alternate Option Lentil Soup Egg Salad on Romaine Fruit and Yogurt <i>Mark Borgas on Guitar</i></p>
<p>26</p> <p>Sweet and Sour Chicken Brown Rice Cabbage and Carrot Medley Orange Alternate Option Minestrone Soup Cottage Cheese with Fruit on Romaine, Orange</p>	<p>27</p> <p>Beef and Macaroni Casserole House Salad Ambrosia Alternate Option Vegetable Soup Chicken Salad on Romaine Roll, Ambrosia <i>Bingo for Prizes</i></p>	<p>28</p> <p>Roast Turkey with Gravy Mashed Sweet Potatoes Mixed Vegetables Roll, Apple Crisp Alternate Option Chicken and Rice Soup Tuna Salad on Romaine Carrot Sticks, Apple Crisp</p>	<p>29</p> <p>*Chicken Cacciatore Pasta Tossed Salad Banana Alternate Option Lentil Soup Egg Salad Sandwich Salad, Banana</p>	<p>30</p> <p>Easter Buffet Lemon Crumb Baked Fish Roast Beef with Gravy Scalloped Potatoes Tossed Salad Roll Fruited Jell-O  <i>Blues Pharaohs</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.