

FALLBROOK SENIOR CENTER APRIL 2024 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

Monday - Friday Doors open at 10:30 we ask that you arrive by 11:00 760-728-4498

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sweet and Sour Meatballs Vegetables Farro Salad/Roll Fruit	2 Roasted Chicken Butternut Squash Baked Potato Salad/Roll Fruit	3 Chicken Fettuccine Alfredo Vegetables Salad/Garlic Bread Dessert	4 Cream of Broccoli Cheddar Soup Black Beans Baked Potato Salad/Roll/Fruit ▲	5 Baked Pollock Vegetables Barley Salad/Roll Fruit
8 Beef Tips w/gravy Lima Beans Pasta Salad/Roll Fruit	9 Chicken Soft Taco Vegetables Spanish Rice Salad/Roll Yogurt with blueberries	10 Turkey Stuffed Bell Pepper Spinach Barley Salad/Roll/Fruit	11 Birthday Lunch BBQ Ribs Vegetables Baked Potato Salad/Roll Dessert	12 Curried Shrimp Peas and Carrots Pasta Salad/Roll Fruit
15 Beef Lasagna Vegetables Salad/Garlic Bread Fruit ▲	16 Country Fried Steak Vegetables Mashed Potatoes Salad/Roll Dessert	17 Chicken Fajitas Vegetables Tortilla Salad/Roll Fruit	18 Pork Loin Green Beans Sweet Potato Salad/Roll Fruit	19 Fish Veracruz Vegetables Barley Salad/Roll Fruit
22 Chicken Rolled Taco's Black Beans Brown Rice Salad/Roll Fruit	23 BBQ Pulled Pork on a whole wheat bun Vegetables Macaroni and Cheese Salad/Roll Dessert ▲	24 Chicken Noodle Soup Vegetables Cheese Quesadilla Salad/Roll Fruit	25 Shepards Pie w/Mashed Potato Topping Spinach Salad/Roll Fruit	26 Fish and Chips Broccoli Baked Potato Fries Coleslaw/Roll Fruit
29 Baked Herb Chicken Vegetables Sweet Potato Salad/Roll Fruit	30 Bean and Cheese Burrito Fiesta Corn w/red pepper Barley Salad/Roll Fruit	There is a \$5.00 charge per meal for individuals ages 50 and above, and a \$12.00 charge for those under the age of 50. First come First Served. Menu subject to change.		 Denotes meal that is > 1,000 mg of sodium. Menus are subject to change without notice.