

FALLBROOK SENIOR CENTER MARCH 2024 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

Monday - Friday Doors open at 10:30 760-728-4498

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.



Denotes meal that is > 1,000 mg of sodium. Menus are subject to change without notice.



4
Cheese Ravioli
Garlic Parmesan White Beans
Sweet Potato
Salad/Roll
Fruit ▲

5
Spaghetti & Beef Meatballs
Corn w/red peppers
Salad/Garlic Bread
Fruit

6
BBQ Chicken
Butternut Squash
Baked French Fries
Salad/Roll
Yogurt with strawberries

7
Pork Chop w/salsa verde
Cauliflower
Baked Potato
Salad/Roll
Dessert

8
Bake Pollock
Broccoli
Barley
Salad/Roll
Fruit

11
Chicken Rolled Taco's
Black Beans
Rice
Salad/Roll
Fruit

12
Fresh Scrambled Eggs
Pancakes
Sausage
Mixed Fruit
Muffin

13
Chicken Cordon Bleu
Vegetables
Brown Rice
Salad/Roll
Fruit

14 Birthday Lunch
Corned Beef & Cabbage
Carrots
Potatoes
Salad/Roll
Dessert ▲

15
Fish Veracruz
Peas and Carrots
Barley
Salad/Roll
Fruit

18
Teriyaki Beef
Asian Blend
Rice
Salad/Roll
Fruit

19
Chicken Pot Pie
Spinach
Salad/Roll
Yogurt with blueberries

20
Tomato Basil Soup
California Blend
Cheese Quesadilla
Salad/Roll
Fruit ▲

21
Salisbury Steak
Vegetables
Mashed Potatoes
Salad/Roll
Dessert

22
Shrimp Taco's
Mixed Vegetables
Rice
Salad/Roll
Fruit

25
Vegetable Lasagna
Zucchini
Salad/Garlic Bread
Yogurt with blueberries ▲

26
Beef Stroganoff
California Blend
Pasta
Salad/Roll
Dessert

27
Orange Chicken
Mixed Vegetables
Rice
Salad/Roll
Fruit

28
Black Forest Ham
Green Beans
Sweet Potato
Salad/Roll
Dessert

29
Bake Pollock w/lemon
Butternut Squash
Barley
Salad/Roll
Fruit