

FALLBROOK SENIOR CENTER NOVEMBER 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

<p>4 Chicken Parmesan Vegetable Brown Rice Salad/Roll Fruit</p>	<p>5 Swedish Meatballs w/pasta Vegetable Salad/Roll Fruit</p>	<p>6 Vegetarian Chili w/beans Vegetables Sweet Potato Salad/Roll Fruit</p>	<p>7 Chicken Fajitas Tortilla Vegetable Salad/Roll Fruit</p>	<p>8 Tomato Basil Bisque Soup Tuna Sandwich Vegetable Salad/Roll Fruit ▲</p>
<p>11 CLOSED <i>Veterans Day</i> </p>	<p>12 Honey Mustard Chicken Vegetable Barley Salad/Roll Fruit</p>	<p>13 Meatballs and Spaghetti Vegetable Salad/garlic bread Fruit</p>	<p>14 <i>Thanksgiving/Birthday</i> Turkey w/stuffing & gravy Green Beans Mashed Potatoes Cranberry Sauce Salad/Roll Pumpkin Pie ▲</p>	<p>15 Curried Shrimp Vegetable Pasta Salad/Roll Fruit</p>
<p>18 Minestrone Soup Black Beans Sweet Potato Salad/Roll Fruit ▲</p>	<p>19 Salisbury Steak Vegetable Barley Salad/Roll Fruit</p>	<p>20 Pork Chop w/salsa verde Vegetable Baked Potato Salad/Roll Fruit</p>	<p>21 Turkey Burger on bun Vegetable Baked French Fries Salad/Roll Fruit</p>	<p>22 Baked Cod Vegetable Barley Salad/Roll Fruit</p>
<p>25 Beef Lasagna Vegetable Salad/Garlic Bread Fruit ▲</p>	<p>26 Chicken Noodle Soup Vegetable Cheese Quesadilla Salad/Roll Fruit</p>	<p>27 Shrimp Taco Beans Rice Salad/Roll Fruit</p>	<p>28 CLOSED <i>HAPPY Thanksgiving</i></p>	<p>29 CLOSED </p>
			<p> LEGACY ENDOWMENT Your pathway to community giving</p> <p> Fallbrook Regional HEALTH DISTRICT</p>	<p>Meals are available for a \$5.00 charge per person for those aged 50 and above, and a \$12.00 charge for those under 50. Service is on a first-come, first-served basis. Menu is subject to change without notice.</p>

▲ Denotes meal that is > 1,000 mg of sodium.