

# FALLBROOK SENIOR CENTER SEPTEMBER 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
<b>2</b> <b>CLOSED</b> <b>LABOR DAY</b>	<b>3</b> Beef Lasagna Vegetable Garlic Bread Salad Fruit ▲	<b>4</b> Baked Chicken Spinach Baked Potato Salad/Roll Fruit	<b>5</b> Scrambled Eggs Biscuits with gravy Sausage Fruit/Muffin	<b>6</b> Curried Shrimp Pasta Vegetable Salad/Roll Fruit
<b>9</b> Sweet and Sour Meatballs Vegetables Barley Salad/Roll Fruit	<b>10</b> Black Forest Ham Vegetable Baked Potato Salad/Roll Fruit	<b>11</b> Chicken Salad w/Pita Vegetable Sweet Potato Salad/Roll Fruit	<b>12</b> <b>Birthday Lunch</b> Meat Loaf w/gravy Vegetable Mashed Potatoes Salad/Roll Cupcake ▲	<b>13</b> Fish Taco Vegetable Brown Rice Salad/Roll Fruit
<b>16</b> Chicken Parmesan Vegetable Farro Fruit	<b>17</b> BBQ Pork Chop Vegetable Baked Potato Salad/Roll Fruit	<b>18</b> Been & Cheese Burrito Vegetable Barley Salad/Roll Fruit	<b>19</b> Beef Stew Vegetable Corn Bread Salad/Roll Fruit	<b>20</b> Fish and Chips Vegetable Baked Potato Fries Salad/Roll Fruit ▲
<b>23</b> Chicken Rolled Taco's Vegetable Brown Rice Salad/Roll Fruit	<b>24</b> Sloppy Joe on Bun Vegetable Potato Salad Salad/Roll Fruit	<b>25</b> Roasted Chicken Vegetable Baked Potato Salad/Roll Fruit	<b>26</b> Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit	<b>27</b> Baked Cod Vegetable Farro Salad/Roll Fruit
<b>30</b> Tomato Basil Soup Cheese Quesadilla Vegetables Salad/Roll Fruit ▲			 	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.

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