

FALLBROOK SENIOR CENTER

APRIL 2025 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>1 Sloppy Joe on Bun Vegetable Salad/Roll Fruit</p>	<p>2 Baked Fried Chicken Vegetable Mashed Potatoes Salad/Roll Fruit</p>	<p>3 Sweet and Sour Meatballs Vegetable Brown Rice Salad/Roll Fruit</p>	<p>4 Curried Shrimp Pasta Vegetable Salad/Roll Fruit</p>	
<p>7 BBQ Chicken Vegetable Sweet Potato Fries Salad/Roll Fruit</p>	<p>8 Cheesy Beef Pizza Pasta Bake Vegetable Salad/Roll Fruit</p>	<p>9 Chicken Fajitas w/Tortilla Vegetable Rice Salad/Roll Fruit</p>	<p>10 Birthday Lunch Meatloaf w/gravy Vegetable Baked Potato Salad/Roll Dessert </p>	<p>11 Baked Cod Vegetable Farro Salad/Roll Fruit</p>
<p>14 Chicken Rolled Tacos Vegetable Brown Rice Salad/Roll Fruit</p>	<p>15 Beef Stroganoff Pasta Vegetable Salad/Roll Fruit </p>	<p>16 Tomato Basil Bisque Soup Black Beans Grill Cheese Sandwich Salad/Roll/Fruit ▲</p>	<p>17 Orange Chicken Vegetable Barley Salad/Roll Fruit</p>	<p>18 Baked Cod w/Garlic and Lemon Vegetable Sweet Potato Salad/Roll Fruit</p>
<p>21 Beef Lasagna Vegetable Salad/Garlic Bread Fruit ▲</p>	<p>22 Chicken Pot Pie Vegetable Salad/Roll Fruit</p>	<p>23 Swedish Meatballs Pasta Vegetable Salad/Roll Fruit</p>	<p>24 Chicken Soft Taco Vegetable Brown Rice Salad/Roll Fruit </p>	<p>25 Fish Veracruz Vegetable Farro Salad/Roll Fruit</p>
<p>28 Salisbury Steak Vegetable Mashed Potatoes Salad/Roll Fruit</p>	<p>29 Chicken Noodle Soup Vegetable Cheese Quesadilla Salad/Roll Fruit</p>	<p>30 Black Forest Ham Vegetable Sweet Potato Salad/Roll Fruit</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.