

FALLBROOK SENIOR CENTER AUGUST 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>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>		<p>1 Baked Chicken Vegetable Butternut Squash Salad/Roll Dessert</p>	<p>2 Baked Cod Vegetable Barley Salad/Roll Fruit</p>
<p>5 Marisco's Chicken Enchilada Beans Rice Salad/Roll Fruit ▲</p>	<p>6 Black Forest Ham Vegetable Baked Potato Salad/Roll Fruit</p>	<p>7 Turkey Stuffed Bell Pepper Vegetable Sweet Potato Salad/Roll Fruit</p>	<p>8 Birthday Lunch Meat Loaf w/gravy Vegetable Mashed Potatoes Salad/Roll Cupcake</p>	<p>9 Fish Veracruz Vegetable Brown Rice Salad/Roll Fruit</p>
<p>12 Honey Mustard Chicken Vegetable Barley Salad/Roll Fruit</p>	<p>13 Cheese Manicotti Black Beans Sweet Potato Salad/Roll Fruit</p>	<p>14 Panda Express Kung Pao Chicken Rice Chow Mein Salad/Roll Fruit ▲</p>	<p>15 Beef Stroganoff Vegetable Whole Wheat Pasta Salad/Roll Fruit</p>	<p>16 Fish and Chips Vegetable Baked Potato Fries Salad/Roll Fruit</p>
<p>19 Chicken Fettuccini Spinach Pasta Salad/Roll Fruit</p>	<p>20 Dominick's Deli Roast Beef & Cheese Potato Salad Carrots Salad/Roll Fruit ▲</p>	<p>21 Chicken Rolled Taco's Vegetable Brown Rice Salad/Roll Fruit</p>	<p>22 Vegetable Omelet Roasted Potatoes Fruit /Muffin</p>	<p>23 Fish Taco Vegetable Barley Salad/Roll Fruit</p>
<p>26 Beef Meatballs and Spaghetti Vegetable Salad/Roll</p>	<p>27 Chicken Pot Pie Vegetable Salad/Roll Fruit</p>	<p>28 Turkey Burger on Bun Vegetable Baked Potato Fries Salad/Roll Fruit</p>	<p>29 Panda Express Mushroom Chicken Rice Chow Mein Salad/Roll Fruit ▲</p>	<p>30 Baked Breaded Shrimp Vegetable Quinoa Salad/Roll Fruit</p>

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