

FALLBROOK SENIOR CENTER

AUGUST 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

<div><div><div>LEGACY ENDOWMENT</div><div>Your pathway to community giving</div></div><div><div>Fallbrook Regional HEALTH DISTRICT</div></div></div> <div></div>	<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</p> <p>Fish and Fries Vegetable Salad/Roll Fruit</p>	
<p>4</p> <p>Orange Chicken Vegetable Brown Rice Salad/Roll Fruit</p> 	<p>5</p> <p>Vegetarian Chili with beans Vegetable Sweet Potato Salad/Cornbread Fruit</p>	<p>6</p> <p>Chicken Tamale Vegetable Rice Salad/Roll Fruit</p>	<p>7</p> <p>Beef Stroganoff Vegetable Pasta Salad/Roll Fruit</p>	<p>8</p> <p>Baked Cod Vegetable Barley Salad/Roll Fruit</p>
<p>11</p> <p>Baked Chicken Vegetable Baked Potato Salad/Roll Fruit</p>	<p>12</p> <p>Sweet and Sour Meatballs Vegetable Brown Rice Salad/Roll Fruit</p>	<p>13</p> <p>Salisbury Steak Vegetable Mashed Potatoes Salad/Roll Fruit</p>	<p>14 Birthday Lunch</p> <p>Chicken Pot Pie Vegetable Salad/Roll Dessert</p> 	<p>15</p> <p>Crab Cake Vegetable Farro Salad/Roll Fruit</p>
<p>18</p> <p>Chicken Fettuccine Alfredo Vegetable Pasta Salad/Roll Fruit</p>	<p>19</p> <p>Pork Chop with Salsa Verde Vegetable Sweet Potato Salad/Roll Fruit</p>	<p>20</p> <p>Cheese Omelet Biscuits and Gravy Sausage Fruit/Roll</p> 	<p>21</p> <p>Turkey Burger on Bun Vegetable Baked Fries Salad/Roll Fruit</p>	<p>22</p> <p>Fish Taco Beans Rice Salad/Roll Fruit</p>
<p>25</p> <p>Vegetable Lasagna Vegetable Salad/Garlic Bread Fruit</p> <p>▲</p>	<p>26</p> <p>Teriyaki Beef Vegetable Barley Salad/Roll Fruit</p>	<p>27</p> <p>Baked Herb Chicken Vegetable Baked Potato Salad/Roll Fruit</p>	<p>28</p> <p>Black Forest Ham Vegetable Sweet Potato Salad/Roll Fruit</p>	<p>29</p> <p>Fish Veracruz Vegetable Brown Rice Salad/Roll Fruit</p>

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