

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 *Spaghetti with Meat Sauce Zucchini House Salad Roll, Banana Alternate Option Vegetable Soup Egg Salad Sandwich House Salad, Banana	2 Super Bowl Pre-Game Luncheon Oven Fried Chicken Potato Salad Baked Beans Roll, Apple Alternate Option Lentil Soup Fruit with Cottage Cheese on Romaine, Apple <i>Sports Clips and Games</i>
5 Chicken Alfredo Penne Pasta Spinach Salad Orange Alternate Option Lentil Soup Tuna Salad Sandwich Spinach Salad, Orange <i>Karaoke Monday</i>	6 Meatloaf Mashed Potatoes Steamed Beets, Roll Pineapple Chunks Alternate Option Vegetable Soup Chicken Salad on Romaine Roll, Pineapple Chunks <i>Bingo for Prizes</i>	7 *Ham Steak Roasted Yams House Salad Roll, Apple Alternate Option Split Pea Soup Chicken Caesar Salad Roll, Apple	8 Beef Stroganoff Seasoned Cauliflower House Salad Roll, Fruited Jell-O Alternate Option Minestrone Soup Egg Salad on Romaine Fruited Jell-O	9 Chicken Gumbo Stew Dirty Rice Zucchini Cornbread, Banana Alternate Option Barley Soup Cottage Cheese with Fruit on Romaine, Banana <i>Dominique Oei on Piano</i>
12 *Teriyaki Glazed Fish Steamed Rice Broccoli Pineapple Chunks Alternate Option Barley Soup Chicken Salad on Romaine Roll, Pineapple Chunks	13 Chicken Bearnaise Baked Potato Mixed Vegetables Roll, Fruit and Yogurt Alternate Option Minestrone Soup Egg Salad Sandwich Carrot Sticks, Fruit and Yogurt <i>Bingo for Prizes</i>	14 Valentine's Day Luncheon *Lasagna with Meat Sauce Beets House Salad, Roll Diced Fruit Alternate Option Chicken Soup Cottage Cheese with Fruit on Romaine, Diced Fruit <i>Ricky Rivas</i>	15 Roast Turkey with Gravy Candied Yams Green Beans Roll, Apple Alternate Option Lentil Soup Tuna Salad on Mixed Greens Roll, Apple	16 Beef and Broccoli Brown Rice House Salad Roll, Banana Alternate Option Vegetable Soup Egg Salad Sandwich House Salad, Banana <i>Mark Borgas on Guitar</i>
19 PRESIDENTS DAY CENTER CLOSED	20 Lemon Pepper Chicken Mashed Potatoes House Salad Roll, Diced Fruit Alternate Option Split Pea Soup Tuna Sandwich House Salad, Diced Fruit <i>Bingo for Prizes</i>	21 *Honey Glazed Ham Steak Roasted Potatoes Seasoned Carrots Roll, Baked Apples Alternate Option Barley Soup Egg Salad on Romaine Baked Apples	22 Chili with Beans Seasoned Peas House Salad Cornbread, Banana Alternate Option Chicken Soup Cottage Cheese & Fruit on Romaine, Cornbread, Banana	23 Fish Cake with Tartar Sauce Rice Pilaf Cabbage Fruit and Yogurt Alternate Option Lentil Soup Chicken Salad on Romaine Roll, Fruit and Yogurt <i>Mark Borgas on Guitar</i>
26 *Beef and Cabbage Casserole Mashed Potatoes Salad Roll, Apple Alternate Option Barley Soup Egg Salad on Romaine Roll, Apple	27 *Pork Roast with Gravy Macaroni and Cheese Spinach Salad Orange Alternate Option Minestrone Soup Tuna Salad Sandwich Carrot Sticks, Orange <i>Bingo for Prizes</i>	28 Lemon Baked Fish Brown Rice Carrots Salad, Ambrosia Alternate Option Vegetable Soup Cottage Cheese with Fruit on Romaine, Ambrosia	Lunch served at noon. Senior 60+: \$4 donation. Under 60 years of age: \$8 fee.	Reservations are required. Please call 760.643.5288 by 2pm the previous day. No eligible person shall be denied a meal because of failure or inability to contribute.

(*) High Sodium Menu - More than 1000mg

This program is supported by the older Americans Act funds, awarded through the San Diego County Aging and Independence Services and the City of Vista.