



APRIL DELIVERY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served at 11:30 a.m. Mon-Fri</p> <p>60+: \$4 suggested donation</p> <p>Under 60: \$5</p> <p>We appreciate all donations. No eligible person shall be denied a meal because of inability to contribute.</p>	<p>RESERVATIONS ARE REQUIRED.</p> <p>Call (760) 744-5535, ext. 3607, by 1 p.m. the previous day to reserve.</p> <p>There are no monthly reservations.</p> <p>Failure to reserve by 1 p.m. the day before may deny a senior a meal.</p>	<p>1</p> <p>Tilapia Mango Sauce Green Beans Coconut Mixed Rice Sweet Chili Cabbage Salad Pears</p>	<p>2</p> <p>Salisbury Steak Mashed Potatoes Gravy Spinach Whole Wheat Bread Fresh Fruit</p>	<p>3</p> <p>BBQ Glazed Chicken Breast Potato Salad Baked Beans Whole Wheat Bread Pineapple</p>
<p>6</p> <p>Beef Stew Carrots Parsley Potatoes Mixed Green Salad Whole Wheat Bread Fruit Cocktail</p>	<p>7</p> <p>Chicken a l'Orange California Vegetables Spring Mix Salad Mixed Rice Fresh Fruit</p>	<p>8</p> <p>Bratwurst Mashed Potatoes, Gravy Sauerkraut Wholegrain Bread Applesauce </p>	<p>9</p> <p>Cream of Spinach Soup Tarragon Chicken Salad Lettuce, Tomato, Cucumber Salad Multigrain Bread Fresh Fruit</p>	<p>10</p> <p>Krabby Cake Whole Wheat Pasta Alfredo Sauce Stewed Tomatoes Corn Fresh Fruit </p>
<p>13</p> <p>Horseradish Crusted Pork Loin with Apricot Sauce Mixed Rice & Lentil Pilaf Broccoli Pears</p>	<p>14</p> <p>Chicken Alfredo Whole Wheat Pasta Alfredo Sauce Manhattan Blend Greek Salad Fresh Fruit</p>	<p>15</p> <p>Pulled Pork Sweet & Sour Cabbage Salad Roasted Sweet Potatoes Whole Wheat Bread Peaches</p>	<p>16</p> <p>Creamy Chicken with Mushrooms On a 1/2 Biscuit Brown Rice Mixed Vegetables Caesar Salad Fresh Fruit</p>	<p>17</p> <p>Swedish Meatballs Creamy Dill Sauce Boiled Potatoes Cucumber Salad Peas & Carrots Whole Wheat Bread Melon</p>
<p>20</p> <p>Chicken Marsala Mixed Rice California Vegetables Spinach Salad Pears</p>	<p>21</p> <p>Meatloaf Mashed Potatoes, Gravy Corn Carrot Raisin Salad Whole Wheat Bread Orange</p>	<p>22</p> <p>Fish Florentine Bechamel Sauce Spinach Mixed Rice & Lentil Pilaf Tomato Cucumber Salad Fruit Cocktail</p>	<p>23</p> <p>Coq au Vin Chicken in Wine Sauce Parsley Potatoes Broccoli Whole Grain Bread Fresh Fruit</p>	<p>24</p> <p>Spaghetti Bolognaise Whole Wheat Pasta with Meat sauce Spinach Salad Zucchini Fresh Fruit</p>
<p>27</p> <p>Ginger Beef Mixed Rice Asian Cabbage Salad Green Beans & Carrots Pineapple</p>	<p>28</p> <p>Chicken Aurora Brandied tomato cream sauce Wheat Pasta Spinach Mixed Bean Salad Fresh Fruit</p>	<p>29</p> <p>Pork Chile Verde Cumin Mixed Rice Black Beans Shredded Lettuce, tomato, cilantro salad Sour Cream Tropical Fruit Salad</p>	<p>30</p> <p>Beef Goulash Mashed Potatoes Peas & Carrots Beet Salad on Lettuce Leaf Whole Wheat Bread Fresh Fruit</p>	



Meal contains 1,000+ mg of sodium

1% milk is served daily.

This program is supported by Older American Act Funds awarded by the County of San Diego Aging and Independence Services and the City of San Marcos. The menu is subject to change without notice. Our Nutrition Program is dedicated to Bill Rourke.