









MARCH 2019 LUNCH MENU

For reservations, call (510) 747-7503 at least one week in advance. Suggested donation: \$3.75
 Guests under 60 may purchase a meal for \$6.00
 Any additional contribution is greatly appreciated.
 No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
Everyday Alternative Option Chef Salad - Choose Chicken or Vegetarian (both include egg and cheese) 1% Milk served each meal Substitution of soy milk or juice available upon request	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat	Menu subject to change without notice.		Pork Carnitas Spanish Rice with Black Beans Fruit Salad with Nuts+* 
4 Turkey and Vegetable Chili Tossed Vegetable Salad Cornbread Fruit Mix+ 	5 Baked Fish with Lemon Caper Sauce Tomato Florentine Soup Lemon Seasoned Broccoli+ WW Pasta	6 Paprika Chicken Bean Soup with Kale Carrots* Garlic Bread Apple	7 Spinach Lasagna+ Garden Salad* WW Roll Seasonal Fruit	8 Beef Burger with Tomato, Lettuce and Onion on a Wheat Bun Lentil & Black Bean Soup Oranges+
11 Cheese Tortellini with Pesto Tomato Rice Soup Carrots* Cantaloupe	12 Chicken Quarter with Apricot Glaze Minestrone Soup Cooked Spinach* Brown Rice, Fruit Mix+	13 Lemon Baked Fish WW Penne Primavera Marinated Carrots* WW Roll Oranges+	14 Sweet and Sour Pork with Vegetables Garden Salad* Brown Rice Strawberries+	St. Patrick's Lunch 15 Corned Beef <> Potato Cabbage Soup Spinach with Tomatoes* WW Roll Key Lime Tart 
18 Spaghetti with Meat Sauce Spring Mix with Tomatoes & Cucumbers Cauliflower+ Garlic Bread, Seasonal Fruit	19 Birthday Lunch Turkey w/Cranberry & Gravy Rosemary Potatoes Carrots* WW Roll, Fruit Mix Birthday Cake 	20 BBQ Pork on WW Bun Vegetable Medley Salad Coleslaw+ Seasonal Fruit	21 Meatloaf with Gravy Mashed Potatoes Lemon Seasoned Broccoli+ WW Roll Banana	22 Baked Fish with Yogurt Sauce over Arugula Vegetable Bean Soup Carrots* WW Roll, Oranges+
25 Mock Crab and Egg Salad Over Romaine with Tomato+ WW Roll Oranges+	26 Salisbury Steak Patty with Peppers and Gravy Peas and Carrots* Rosemary Potatoes Garlic Bread, Oranges+	27 Teriyaki Chicken Mushroom Barley Soup Lemon Seasoned Broccoli+ Brown Rice Apple	28 Herb Baked Fish Split Pea Soup Cooked Spinach+ Brown Rice Cantaloupe+ 	29 Pork with Pineapple Relish Cabbage+ Green Beans with Italian Dressing WW Roll, Fresh Fruit 