

# Neighborhood House Association



Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Turkey Cranberry Sandwich, Cream of Potato Soup, Orange, Ice Cream, & Milk	Rotini alla Bolognese, Caesar Salad, Mango, & Milk	Chicken Gumbo, Brown Rice, Cajun Black Eyed Peas, Canned Pears, & Milk	Baked Chicken, Mashed potatoes, Gravy, Ginger carrots Wh. Bread, Peaches, & Milk	Bean & Beef Taco with Pico de Gallo, Spring Salad, Sliced Apples, & Milk
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Chilled BBQ Chicken Wrap, Whole Wheat Tortilla Baked Beans, Orange, Ice Cream, & Milk	Thai Coconut Chicken with Red Potatoes & Carrots, Brown Rice, Whole Wheat Bread, Peaches, & Milk	Beef Picadillo, Brown Rice, Whole Wheat Bread, Cumin Carrots, Orange, & Milk	Roast Turkey, Garden Vegetable Gravy, Mashed Potatoes, Spinach-Cranberry Salad, Wheat Bread, Canned Pears, & Milk	Black Bean Chili, Corn Tortillas, California Salad, Banana, & Milk
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, Ice Cream, & Milk	Asian Chicken Wrap, Sesame Slaw with Snap Peas, Pineapple, & Milk	BBQ Beef Burger on Wheat Bun, Chopped Salad, Orange, & Milk	Roast Beef, Roasted red potatoes w/ green peppers, Sweet Peas, Sliced Apples, Garlic Toast, & Milk	Tuna Salad Sandwich, Roasted Tomato Soup, Spring Salad, Orange, & Milk
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Maria's Famous Chili with Whole Wheat Crackers, Broccoli & Carrot Slaw, Pear Ice Cream, & Milk	Turkey & Cheese Sandwich with Sun-Dried Tomato Spread, California Salad, Orange, & Milk	Taco Salad with Beef, Beans, & Corn, Romaine Salad, Salsa, Tortilla Chips, Sliced Apples, & Milk	Sesame Noodles with Chicken & Vegetables, Peaches, & Milk	<b>Western Day:</b> BBQ Pulled Pork with Coleslaw, Baked Beans, Ranchero Salad & Milk
Monday 30	Tuesday 31			
Chicken Fajitas, Corn Tortilla, Black Beans, Cilantro Cabbage Salad, Canned Pears, Ice Cream, & Milk	Holiday	<u>Donation Amount</u> \$2.00 Congregate Senior (60 years or older)  \$5.00 Non-Senior	<b>MARCH 2015</b> <b>Senior Center</b>	

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This program is supported by the Older Americans Act Funds through San Diego County Aging & Independence Services

No eligible person shall be denied a meal because of failure or inability to contribute.

We do not discriminate because of race, color, sex, handicap, or national origin