



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Vegetable Lasagna Sweet Potato Salad/Garlic Bread Fruit</p>	<p>3 Split Pea Soup w/ Ham Cheese Quesadilla Vegetable Salad/Roll Fruit</p>	<p>4 Sweet & Sour Meatballs Vegetable Rice Salad/Roll Fruit</p> 	<p>5 Baked Chicken Vegetable Baked Potato Salad/Roll Fruit</p>	<p>6 Baked Cod w/ garlic & lemon Vegetable Barley Salad/Roll Fruit</p> 
<p>9 Chicken Rolled Tacos Vegetable Rice Salad/Roll Fruit</p> 	<p>10 Chicken Parmesan Vegetable Salad/Garlic Bread Fruit</p>	<p>11 Teriyaki Beef Vegetable Brown Rice Salad/Roll Fruit</p>	<p>12 Birthday Lunch Pesto Bruschetta Chicken Vegetable Baked Potato Salad/Roll Dessert</p> 	<p>13 Fish & Chips Vegetable Baked Potato Fries Salad/Roll Fruit</p> 
<p>16 CLOSED HAPPY Presidents Day</p>	<p>17 BBQ Pulled Pork on bun Vegetable Macaroni Salad Roll Fruit</p>	<p>18 Shepherds Pie Potato Topping Vegetable Salad/Roll Fruit</p> 	<p>19 Soft Chicken Tacos Black Beans Rice Salad/Roll Fruit</p>	<p>20 Baked Shrimp Vegetable Farro Salad/Roll Fruit</p> 
<p>23 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit</p> <p>TECH CONNECTION</p>	<p>24 Orange Chicken Vegetable Rice Salad/Roll Fruit</p>	<p>25 Salisbury Steak Vegetable Scalloped Potatoes Salad/Roll Fruit</p> 	<p>26 Chicken Vegetable Noodle Soup Cheese Quesadilla Salad/Roll Fruit</p>	<p>27 Fish Veracruz Vegetable Farro Salad/Roll Fruit</p>

JOIN US ... Open to adults 50-years and older, senior lunches are available for just \$5. Family members, friends, and caregivers, under 49-years of age, who are accompanying a senior, are welcome to join the meal for \$12. Service is on a first-come, first-served basis. Menu is subject to change without notice.

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

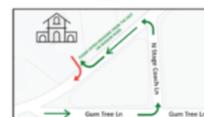
TECH CONNECTION

On the fourth Monday of every month, our Tech Support group will be onsite during lunch to answer questions and provide help with phones, laptops, and tablets.

NEED HELP?

Every Tuesday at lunch, one of our Referral and Support Advocates will be on-hand to provide referrals, resources, and help for navigating various issues important to older adults

Fallbrook Regional
HEALTH DISTRICT



LEGACY
ENDOWMENT
Your pathway to community giving