

MAY 2026 menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NEED HELP? Every Thursday one of our Referral and Support Advocates will be available at lunch to provide info, resources and help for navigating various issues important to older adults</p>	<p>TECH CONNECT On the fourth Monday of every month, our Tech Support group is onsite to provide help with smartphones, tablets, and laptops</p>	<p>Fallbrook Regional HEALTH DISTRICT</p> <p>LEGACY ENDOWMENT <i>Your pathway to community giving</i></p>		<p>1 Crab Cake Vegetable Brown Rice Salad / Roll Fruit</p>
<p>4 BBQ Chicken Vegetable Sweet Potato Fries Salad / Roll Fruit</p>	<p>5 Pollo Asado Burrito (Chicken) Pico De Gallo Black Beans Mexican Rice Salad / Roll Fruit</p>	<p>6 Turkey Stuffed Bell Pepper Vegetable Sweet Potato Salad / Roll Fruit</p>	<p>7 Beef Stroganoff Vegetable Pasta Salad / Roll Dessert</p>	<p>8 Baked Cod with Garlic and Lemon Vegetable Farro Salad / Roll Fruit</p>
<p>11 Chicken Fettuccine Alfredo Vegetable Sweet Potato Salad / Roll Fruit</p>	<p>12 Black Forest Ham Vegetable Scalloped Potatoes Salad / Roll Fruit</p>	<p>13 Orange Chicken Vegetable Farro Salad / Roll Fruit</p>	<p>14 Carne Asada Tacos (Beef) Black Beans Mexican Rice Salad / Roll Flan BIRTHDAY LUNCH!</p> 	<p>15 Fish Taco Vegetable Rice Salad / Roll Fruit</p>
<p>18 Vegetable Lasagna Vegetable Salad / Garlic Bread Fruit</p>	<p>19 Beef Tips with Gravy Vegetable Mashed Potatoes Salad / Roll Fruit</p>	<p>20 Chicken and Waffles Vegetable Sweet Potato Fries Salad / Roll Fruit</p>	<p>21 Honey Mustard Chicken Vegetable Baked Potato Salad / Roll Fruit</p>	<p>22 Fish Veracruz Vegetable Farro Salad / Roll Fruit</p>
<p>25 Teriyaki Beef Vegetable White Rice Salad / Roll Fruit</p>  <p>TECH CONNECT!</p>	<p>26 Baked Chicken Vegetable Baked Potato Salad / Roll Fruit</p>	<p>27 Spaghetti and Turkey Meatballs Vegetable Salad / Garlic Bread Fruit</p>	<p>28 BBQ Pulled Pork on Bun Vegetable Potato Salad Salad / Roll Fruit</p>	<p>29 Baked Breaded Shrimp Vegetable Barley Salad / Roll Fruit</p>

DOORS OPEN AT 10:30 AM • SERVICE STARTS PROMPTLY AT 11:15AM • Lunch is \$5.00 for anyone 50-years and older ... and \$12.00 for anyone under 50 years who is accompanying a senior.

OVER
330 MEMBERS
ENROLLED

Call or visit our website to become a member, make a donation, volunteer your time, or learn more about our programs and services.
760-723-7570 • www.centerforseniorwellbeing.org