



March

Wednesday	Thursday	Friday
	<p>You are invited to attend our St. Patrick Day Lunch Celebration on the 15th and our Easter Celebration on the 27th at 12:00pm. See Crystal for reservations.</p>	<p>1. Creamy Corn Chicken (chicken, bell pepper, onions, corn)</p> <p>Pinto Beans</p> <p>Spinach Salad (spinach, onions, cucumber)</p> <p>Whole Wheat Tortilla</p>
<p>6. Cheese Enchiladas (carrots, tomato, cheese, potato, corn tortilla)</p> <p>Pinto Beans</p> <p>Veggie Soup (corn, onion, peppers, spinach, tomato, potatoes)</p>	<p>7. Ham & Lentil Soup (pork, onion, tomato)</p> <p>Steamed Squash</p> <p>Pilaf Rice</p> <p>Green Salad (lettuce, tomato, spinach)</p>	<p>8. Lemon Pepper Fish</p> <p>Steamed Broccoli</p> <p>Pilaf Rice (tomato, onion, parsley)</p> <p>Green Salad (lettuce, tomato, spinach)</p>
<p>13. Teriyaki Chicken</p> <p>Steamed Broccoli</p> <p>Long Grain Brown Rice</p> <p>Asian Garden Salad (lettuce, tomato, carrots, onions)</p>	<p>14. GOULASH (beef, peppers, onion mushroom, whole wheat pasta)</p> <p>Chuckwagon Corn</p> <p>Garden Salad (lettuce, tomato, carrots, onions)</p>	<p>15. Shepard Pie (beef, russet potato, peas, carrots)</p> <p>3 Bean Salad (kidney beans, green bean, black bean, corn)</p> <p> Whole Wheat Bread</p> <p>Milk Shake</p>
<p>20. Meat Loaf w/Light Gravy</p> <p>Sweet Potato Mash</p> <p>Italian Vegetables</p> <p>Whole Wheat Roll</p> <p>Pop Corn</p>	<p>21. Turkey Sandwich (Turkey, wheat loaf, cheddar cheese)</p> <p>Santa Fe 3 Bean Salad (kidney beans, green bean, black bean, corn)</p> <p>Tomato Soup</p> <p>Orange Slices</p>	<p>22. Curry Chicken</p> <p>Steamed Carrots</p> <p>Long Grain Brown Rice</p> <p>Garden Salad (lettuce, onion, carrots, tomato)</p>
<p>27. Honey Mustard Chicken</p> <p>Mashed Potatoes</p> <p>Green Salad (lettuce, tomato, spinach)</p> <p>Pop Corn</p> 	<p>28. Turkey Stroganoff</p> <p>Italian Vegetables</p> <p>Garden salad (lettuce, onion, carrots, tomato)</p> <p>Whole Wheat Pasta</p>	<p>29. Chicken Noodle Soup (whole wheat pasta, navy beans, carrots)</p> <p>Steamed Broccoli</p> <p>Green Salad (lettuce, spinach, tomato)</p>

March

Meals are served at 12:00PM, **Wednesday thru Friday** at the **Mountain Health Community Center**, 976 Sheridan Road Campo, CA.

Meals are also provided on:

Wednesdays in Descanso (Descanso Library, 9545 River Drive),
Pine Valley (28890 Old Hwy 80)

Thursdays in Alpine (**Alpine Community Center**, 1830 Alpine Blvd) 619.445.7330
Potrero (Potrero Library (24883 Potrero Valley Rd)
Dulzura (1135 Community Bldg. Rd)

Fridays in Jacumaba Library (44605 Old Hwy 80, Jacumba Hot Springs)

Seniors 60 and over it is a suggested \$4 contribution. Meals are \$6 if you are under 60.

**For more information or to make a reservation PLEASE CALL
619-478-2384.**

**Denotes Sodium Meal \geq 1,000 mg sodium.*
ALWAYS INCLUDED ARE MILK AND/OR JUICE.

MEALS ARE ALWAYS PREPARED WITH YOUR HEALTH IN MIND.

SPECIAL NOTES:

+This icon indicates the fruit or vegetable of the month.



Vegetarian

- This icon indicates a vegetarian option is available for lunch and please call us to inquire about the vegetarian option.

