

Neighborhood House Association

FEBRUARY 2015 Senior Nutrition		Donation Amount \$2.00 Congregate Senior (60 years or older) \$5.00 Non-Senior		
Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
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, Pears, & Milk	Black Bean Chili, Corn Tortillas, California Salad, Banana & Milk
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange & Milk	Asian Chicken Wrap, Sesame Slaw with Snap Peas, Pineapple & Milk	BBQ Beef Burger on Wheat Bun, Chopped Salad, Orange, & Milk	Chef's Surprise: Meat Loaf, Mashed Potatoes, Spring Salad, Mangos, Milk	Tuna Salad Sandwich, Roasted Tomato Soup, Spring Salad, Orange, & Milk
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
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	Chefs Surprise: Baked Chicken, Green Beans with Potatoes, Garlic Toast, Pineapples & Milk
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Chicken Fajitas, Corn Tortilla, Black Beans, Cilantro Cabbage Salad, Pear, Ice Cream & Milk	Turkey & Swiss Sandwich with Honey Mustard Spread, Cream of Broccoli Soup, Italian Salad, Banana & Milk	Chefs Surprise: Roast Beef with Gravy on the side, Roasted Red Potatoes, Carrots, Mandarin Oranges, Milk	Cheesy Sun-Dried Tomato Bake, Oven Baked Chicken, Carrot & Broccoli Salad, Pears & Milk	Sweet Potatoe and Lentil Soup, Spring Salad, Multi-grain Crostini, Sliced Apples, & Milk

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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

