



FOURTH DISTRICT SENIORS RESOURCE CENTER
Putting a Healthy "twist" on Down Home Style Nutritious Cooking
April 2017 MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Spaghetti with Meat Sauce Tossed Green Salad Garlic Bread Dessert Beverage	4 Black Eyed Peas with Ground Turkey Steamed Cabbage Corn Bread Dessert Beverage	5 Lemon Chicken Rice Pilaf Stir Fry Vegetables Bread Dessert Beverage	6 NO LUNCH SERVED	7 Baked/Fried Fish Sweet Potato Fries Green Salad Dinner Roll Dessert Beverage	8
9	10 Chicken Cacciatore Over Pasta Tossed Green Salad Dessert Beverage	11 Tuna Salad with Lettuce, Tomato, Onions Tomato Bisque Soup Crackers Fruit Compote Beverage	12 Meat Loaf Baked Potatoes Steamed Broccoli Dinner Roll Dessert Beverage	13 Baked/Fried Fish Cole Slaw Mixed Vegetables Wheat Bread Easter Cup Cakes Beverage	14  Good Friday CENTER CLOSED	15
16 	17 Pasta Primavera with Vegetables Tossed Green Salad Garlic Bread Dessert Beverage	18 Liver and Onions Mashed Potatoes Peas and Carrots Bread Dessert Beverage	19 Jambalaya Tossed Green Salad Dinner roll Dessert Beverage	20 NO LUNCH SERVED	21 Baked/Fried Fish Kenyan Greens Tomato Slices Corn Bread Muffins Dessert Beverage	22
23	24 Baked Potato Bar	25 Turkey Sub Sandwich Cream of Broccoli Soup Dessert Beverage	26 Flying Saucer Lettuce, tomato, Cheese, Salsa Refried Brans Dessert Beverage	27 NO LUNCH SERVED	28 Baked/Fried Fish Scalloped Potatoes Cole Slaw Wheat Bread Beverage HAPPY BIRTHDAY CAKE	29
30						

- ▶ Meal Prices - \$5.50 (60 yrs +) - \$8.50 (Under 60 yrs). *****Menu Subject To Change*****
- ▶ Enjoy savings by purchasing a voucher plan - see attached info.
- ▶ Lunch Hours – (Monday-Friday) 12:00–2:00pm **FDSRC does not discriminate on the basis of race, creed, color religion, age, disability, sex, sexual orientation, marital status, national origin, and political opinions or affiliations.**

George L. Stevens Senior Community Center
570 S. 65th Street – San Diego, CA 92114
(619) 266-2066

GEORGE L. STEVENS NUTRITION PROGRAM
LOYALTY MEAL CARDS
GET YOUR DISCOUNT TODAY!!!!

60 YEARS OR OLDER \$5.50 PER MEAL

	<u>You Pay</u>	<u>Value</u>	<u>Savings</u>
1 Card = 5 meals	\$23.00	\$27.50	\$4.50
2 Cards = 10 meals	\$45.50	\$55.00	\$9.50
3 Cards = 15 meals	\$63.50	\$82.50	\$19.00
4 Cards = 20 meals	\$85.50	\$110.00	\$24.50

UNDER 60 YEARS \$8.50 PER MEAL

	<u>You Pay</u>	<u>Value</u>	<u>Savings</u>
1 Card = 5 meals	\$37.50	\$42.50	\$5.00
2 Cards = 10 meals	\$72.50	\$85.00	\$12.50
3 Cards = 15 meals	\$100.50	\$127.50	\$27.00
4 Cards = 20 meals	\$135.50	\$170.00	\$34.50

ALL CARDS VALID FOR (90) DAYS

Free delivery service: 10 or more meals within (5) miles of George L. Stevens Center

Volunteers needed for food service delivery.

BON APPE'TIT!!!

