

# FOURTH DISTRICT SENIORS RESOURCE CENTER

## February 2017

### Menu

| Sunday    | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|-----------|---|--|---|---|---|-----------|
|           |   |  | <b>1</b> Barbecue Chicken<br>Mashed Potatoes<br>Seasoned Green Beans<br>Wheat Roll<br>Dessert<br>Beverage | <b>2</b> Polish Hot Dog<br>with Sauerkraut<br>Baked Beans<br>Dessert<br>Beverage  | <b>3</b> Fried Fish<br>Au Gratin Potatoes<br>English Peas<br>Wheat Bread<br>Dessert<br>Beverage                         | <b>4</b>  |
| <b>5</b>  | <b>6</b> Black Eyed Peas<br>with Ground Turkey<br>Candied Yams<br>Tossed Green Salad<br>Corn Bread<br>Dessert<br>Beverage                     | <b>7</b> Chicken Salad<br>Lettuce & Sliced<br>Tomatoes<br>Assorted Crackers<br>Dessert<br>Beverage                               | <b>8</b> Flying Saucer<br>Lettuce, Tomato,<br>Cheese, Salsa<br>Refried Beans<br>Dessert<br>Beverage       | <b>9</b> Soup & Salad Bar<br>Dessert<br>Beverage  | <b>10</b> Fried Fish<br>Cole Slaw<br>Home Fries<br>Wheat Bread<br>Dessert<br>Beverage                                   | <b>11</b> |
| <b>12</b> | <b>13</b> Hamburger<br>Deluxe<br>Cream Corn<br>Dessert<br>Beverage  | <b>14</b> Roast Beef & Gravy<br>Whipped Potatoes<br>Seasoned Peas &<br>Carrots<br>Wheat Dinner Roll<br>Peach Cobbler<br>Beverage | <b>15</b> Spaghetti in Meat<br>Sauce<br>Tossed Green Salad<br>Garlic Bread<br>Dessert<br>Beverage         | <b>16</b> Pork Chop Suey<br>Steamed Rice<br>Oriental Vegetables<br>Chow Mein Noodles<br>Fortune Cookie<br>Dessert<br>Beverage | <b>17</b> Fried Fish<br>Mixed Vegetables<br>Tossed Green Salad<br>Wheat Bread<br>Dessert<br>Beverage                    |           |
| <b>19</b> |  <p><b>CENTER<br/>CLOSED</b><br/><b>PRESIDENTS DAY</b></p> | <b>21</b> Fried Chicken<br>Macaroni & Cheese<br>Collard Greens<br>Corn Bread<br>Dessert<br>Beverage                              | <b>22</b> Salmon Croquettes<br>Steamed Rice<br>Peas & Carrots<br>Dinner Roll<br>Dessert<br>Beverage       | <b>23</b> <b>CHEF'S<br/>CHOICE</b><br>   | <b>24</b> Fried Fish<br>Potato Salad<br>Green Beans & Corn<br>Wheat Bread<br>Beverage<br><b>HAPPY BIRTHDAY<br/>CAKE</b> | <b>25</b> |
| <b>26</b> | <b>27</b> Chicken Vegetable<br>Soup<br>Tossed Green Salad<br>Wheat Roll<br>Dessert<br>Beverage  | <b>28</b> Barbecue Ribs<br>Macaroni & Cheese<br>Steamed Cabbage<br>Wheat Roll<br>Dessert<br>Beverage                             |   |   |   |           |

- ▶ Meal Prices - \$5.50 (60 yrs +) - \$8.50 (Under 60 yrs).
- ▶ 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. 65<sup>th</sup> Street (Off Skyline Dr.)**  
**San Diego, CA 92114**

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

**60 YEARS OR OLDER      \$5.50 PER MEAL**

|                    | <b>You Pay</b> | <b>Value</b> | <b>Savings</b> |
|--------------------|----------------|--------------|----------------|
| 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**

|                    | <b>You Pay</b> | <b>Value</b> | <b>Savings</b> |
|--------------------|----------------|--------------|----------------|
| 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!!!**

