




# FOURTH DISTRICT SENIORS RESOURCE CENTER

## January 2017

### MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>  <small>HAPPY NEW YEAR</small>	<b>2</b> <b>CENTER CLOSED</b>	<b>3</b> Black Eyed Peas with Ham Steamed Rice Collard Greens Corn Bread Fruited Jell-O Beverage	<b>4</b> Flying Saucer Lettuce, Tomato, Cheese, Salsa Refried Beans Dessert Beverage	<b>5</b> Hot Dog Baked Beans Tossed Green Salad Dessert Beverage	<b>6</b> Fried Fish Cole Slaw English Peas Wheat Bread Dessert Beverage	<b>7</b>
<b>8</b>	<b>9</b> Fried Chicken Pasta Steamed Cabbage Corn Bread Dessert Beverage	<b>10</b> Hamburger on Wheat Bun Lettuce, Tomato, Onion Home Fries Dessert Beverage	<b>11</b> Bar-B-Que Ribs Potato Salad Green Beans Dinner Roll Dessert Beverage	<b>12</b> Cobb Salad Tomato Soup Assorted Crackers Dessert Beverage	<b>13</b> Fried Fish Potato Wedges Mixed Vegetables Wheat Bread Dessert Beverage	<b>14</b>
<b>15</b>	<b>16 CENTER CLOSED</b>  <small>Martin Luther King Jr. Day</small>	<b>17</b> Chicken Salad on a Bed of Lettuce Assorted Crackers Chicken Noodle Soup Dessert Beverage	<b>18</b> Spaghetti in Meat Sauce Tossed Green Salad Garlic Bread Dessert Beverage	<b>19</b> Pork Roast in Gravy Steamed Rice Peas and Carrots Dinner Roll Dessert Beverage	<b>20</b> Fried Fish Au Gratin Potatoes Steamed Cabbage Wheat Bread Dessert Beverage	<b>21</b>
<b>22</b>	<b>23</b> Chili Bowl Crackers Steamed Mixed Vegetables Dessert Beverage	<b>24</b> Liver & Onions Steamed Rice & Gravy Tossed Green Salad Dinner Roll Dessert Beverage	<b>25</b> Meat Loaf Garlic Mashed Potatoes Steamed Broccoli Dinner Roll Dessert Beverage	<b>26</b> <b>CHEF'S CHOICE</b> 	<b>27</b> Fried Fish Macaroni & Cheese Cole Slaw Wheat Bread Dessert Beverage	<b>28</b>
<b>29</b>	<b>30</b> Tuna Noodle Casserole Garden Salad Dinner Roll Dessert/Beverage	<b>31</b> Turkey Sub Sandwich Vegetable Soup Dessert Beverage				

- ▶ 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. 65<sup>th</sup> 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**

	<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!!!**

