




**FOURTH DISTRICT SENIORS RESOURCE CENTER**  
**Putting a Healthy "twist" on Down Home Style Nutritious Cooking**  
**June 2017 Menu**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>  <b>NO MEAL SERVICE</b>	<b>2</b> Tuna Salad or Sandwich Mixed Vegetables Assorted Crackers Watermelon Beverage	<b>3</b>
<b>4</b>	<b>5</b> Polish Sausage on Bun with all the Trimmings Potato Salad Dessert Beverage	<b>6</b> Cobb Salad Tomato Soup Crackers Dessert Beverage	<b>7</b> Spaghetti in Meat Sauce Tossed Green Salad Garlic Bread Dessert Beverage	<b>8</b>  <b>NO MEAL SERVICE</b>	<b>9</b> Fried Fish Potatoes Au Gratin Sliced Tomatoes and Cucumbers Wheat Bread Dessert/Beverage	<b>10</b>
<b>11</b>	<b>12</b> Macaroni & Cheese with Ground Turkey Steamed Cabbage Corn Bread Dessert/Beverage	<b>13 CHEF'S CHOICE</b> 	<b>14</b> Bar Be Cue Chicken Baked Bens Steamed Broccoli Wheat Roll Dessert Beverage	<b>15</b>  <b>NO MEAL SERVICE</b>	<b>16</b> Fried Fish Macaroni and Cheese Green Beans Wheat Bread Dessert Beverage	<b>17</b>
<b>18</b> 	<b>19</b> <b>JUNETEENTH DAY CELEBRATION</b> 10 – 2 P.M.	<b>20</b> Oriental Chicken Stir Fry with Rice Fortune Cookie Beverage	<b>21</b> Savory Meat Loaf Mashed Potatoes Steamed Peas and Carrots Roll Dessert/Beverage	<b>22</b>  <b>NO MEAL SERVICE</b>	<b>23</b> Fried Fish Potato Salad Mexican Garden Salad Wheat Bread Desesrt/Beverage	<b>24</b>
<b>25</b>	<b>26</b> <b>CHEF'S CHOICE</b> 	<b>27</b> Liver and Onions Steamed Rice with Gravy Tossed Green Salad Wheat Roll Dessert/Beverage	<b>28</b> Flying Saucer with Lettuce, Tomato, Cheese, Salsa, Refried Beans Dessert Beverage	<b>29</b> <b>BREAKFAST SERVED 10-11:30A.M. ONLY</b> \$5.00 (60 yrs. +) \$6.00 (Under 60 yrs.)	<b>30</b> Fried Fish Cole Slaw Corn Wheat Bread Beverage <i>Happy Birthday Cake</i>	

\*\*\*Menu Subject To Change\*\*\*

- ▶ Meal Prices - \$5.50 (60 yrs +) - \$8.50 (Under 60 yrs).
- ▶ Enjoy savings by purchasing a Loyalty Meal Card (LMC) - 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**

	<u><b>You Pay</b></u>	<u><b>Value</b></u>	<u><b>Savings</b></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><b>You Pay</b></u>	<u><b>Value</b></u>	<u><b>Savings</b></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!!!**

