


# FOURTH DISTRICT SENIORS RESOURCE CENTER

March 2017

## MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Chili Steamed Rice Salad Corn Bread Dessert Beverage	<b>2</b> <b>NO LUNCH</b>  <b>SERVED</b>	<b>3</b> Fried Fish Sweet Potatoes Green Beans Wheat Bread Dessert Beverage	<b>4</b>
<b>5</b>	<b>6</b> Homestyle Beef Stew/Gravy Rice Peas & Carrots Corn Bread Banana Pudding Beverage	<b>7</b> <b>NO LUNCH</b>  <b>SERVED</b>	<b>8</b> Meat Loaf Mashed Potatoes Steamed Broccoli Dinner Roll Dessert Beverage	<b>9</b> <b>NO LUNCH</b>  <b>SERVED</b>	<b>10</b> Fried Fish Macaroni Salad Green Peas Dinner Roll Dessert Beverage	<b>11</b>
<b>12</b> 	<b>13</b> Fried Chicken Mashed Potatoes Tossed Green Salad Dinner Roll Sherbet Beverage	<b>14</b> <b>NO LUNCH</b>  <b>SERVED</b>	<b>15</b> Baked Lemon Chicken Stir Fry Vegetables Sweet Potatoes Bread Dessert/Beverage	<b>16</b> <b>NO LUNCH</b>  <b>SERVED</b>	<b>17</b> Fried Fish Scalloped Potatoes Cole Slaw Dinner Roll Dessert/Beverage	<b>18</b>
<b>19</b>	<b>20</b> Deluxe Hamburger Lettuce, Tomato, Onions Potato Wedges Fruited Jell-O Beverage	<b>21</b> <b>NO LUNCH</b>  <b>SERVED</b>	<b>22</b> Flying Saucer Lettuce, Tomato, Cheese, Salsa Refried Beans Dessert Beverage	<b>23</b> <b>NO LUNCH</b>  <b>SERVED</b>	<b>24</b> Fried Fish Potato Salad California Medley Vegetables Wheat Bread Dessert/Beverage	<b>25</b>
<b>26</b>	<b>27</b> Pork Chops Smothered in Gravy Steamed Rice Tossed Green Salad Dinner Roll Dessert/Beverage	<b>28</b> <b>NO LUNCH</b>  <b>SERVED</b>	<b>29</b> Bar B Cue Ribs Macaroni & Cheese Seasoned Green Beans Dinner Roll Dessert/Beverage	<b>30</b> <b>NO LUNCH</b>  <b>SERVED</b>	<b>31</b> Fried Fish Home Fries Mixed Vegetables Beverage <b>HAPPY BIRTHDAY                      CAKE</b>	

- ▶ 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**

	<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!!!**

