



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Polish Dog or Hamburger with all the trimmings French Fries Dessert Beverage	4 CENTER CLOSED 	5 Salmon Croquettes Mixed Vegetables Steamed Rice Bread Dessert Beverage	6 NO LUNCH SERVED	7 Fried Fish Potatoes Au Gratin Sliced Tomatoes and Cucumbers Wheat Bread Dessert/Beverage	8
9	10 Pinto Beans with Ground Beef Tossed Green Salad Dessert Beverage	11 Sliced Turkey Sandwich Lettuce, Tomato Split Pea Soup Dessert/Beverage	12 Braised Pork Chops Steamed Cabbage Wheat Roll Dessert/Beverage	13 NO LUNCH SERVED	14 Fried Fish Cole Slaw Baked Beans Wheat Bread Dessert/Beverage	15
16	17 Fried Chicken Mashed Potatoes Peas & Carrots Wheat Roll Dessert Beverage	18 Cobb Salad with Turkey, Ham & Eggs Bread Sticks Tomato Soup Dessert Beverage	19 Meat Loaf Garlic Mashed Potatoes Green Beans Wheat Roll Dessert/Beverage	20 NO LUNCH SERVED	21 Fried Fish Cole Slaw Corn on the Cob Wheat Bread Dessert Beverage	22
23	24 Chicken Salad Sandwich Lettuce, Tomato Candied Yams Dessert Beverage	25 CHEF'S SURPRISE 	26 Macaroni & Cheese drizzled with Turkey Sausage Creamed Spinach Wheat Roll Dessert/Beverage	27 NO LUNCH SERVED	28 Fried Fish Potato Salad English Peas Wheat Bread Beverage HAPPY BIRTHDAY CAKE	29
30	31 Beef Taco Lettuce, Tomato, Onions, Cheese Salsa, Chips Refried Beans 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. 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

	You Pay	Value	Savings
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

	You Pay	Value	Savings
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!!!

