



FOURTH DISTRICT SENIORS RESOURCE CENTER
Putting a Healthy "twist" on Down Home Style Nutritious Cooking
January 2018 MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  CENTER CLOSED	2 CENTER CLOSED	3 Lasagna Tossed Green Salad Garlic Bread Dessert Beverage	4 NO LUNCH SERVED	5 Fried Fish Macaroni & Cheese Cole Slaw Wheat Bread Dessert Beverage	6
7	8 Tuna Melt Sandwich Tomato Soup Cucumber Salad Dessert Beverage	9 Homestyle Beef Stew Steamed Rice Steamed Cabbage Corn Bread Dessert Beverage	10 Meat Loaf Garlic Mashed Potatoes Seasoned Green Beans Wheat Dinner Roll Dessert Beverage	11 NO LUNCH SERVED	12 Fried Fish Home Fries Mixed Vegetables Wheat Bread Dessert Beverage	13
14	15 KEEP THE DREAM ALIVE  CENTER CLOSED	16 Hamburger on Wheat Bun Lettuce, Tomato, Onions Potato Wedges Dessert Beverage	17 Baked Chicken Steamed Rice Peas and Carrots Wheat Dinner Roll Dessert/Beverage HAPPY BIRTHDAY Lottie & Nolon	18 NO LUNCH SERVED	19 Fried Fish Potato Salad Seasoned Green Beans Wheat Bread Dessert Beverage	20
21	22 Tuna Noodle Casserole Garden Salad Wheat Dinner Roll Dessert Beverage	23 Liver & Onions Steamed Rice Gravy Tossed Green Salad Dessert Beverage	24 Flying Saucer Lettuce, Tomato, Cheese, Salsa Refried Beans Dessert Beverage	25 NO LUNCH SERVED	26 Fried Fish Macaroni Salad English Peas Wheat Bread Beverage HAPPY BIRTHDAY CAKE	27
28	29 Chili Bowl Steamed Broccoli Crackers Dessert Beverage	30 Turkey Sub Sandwich Vegetable Soup Dessert Beverage	31 Bar-B-Cue Ribs Scalloped Potatoes Spinach Wheat Dinner Roll Dessert Beverage			

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. 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

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

