


**FOURTH DISTRICT SENIORS RESOURCE CENTER**  
**Putting a Healthy "twist" on Down Home Style Nutritious Cooking**  
**FEBRUARY 2019 MENU**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fried Fish Potatoes Au Gratin Apple Walnut Salad Wheat Bread Dessert Beverage	2
3	4 Hot Dogs Cole Slaw Baked Beans Dessert Beverage	5 Grilled Cheese Sandwich Chicken Vegetable Soup Dessert Beverage	6 Flying Saucer with Lettuce, Tomato, Cheese, Salsa, Sour Cream, Onions, Refried Beans, Dessert/Beverage	7 <b>NO LUNCH</b>  <b>SERVED</b>	8 Fried Fish Macaroni Salad Sliced Tomatoes Wheat Bread Dessert Beverage	9
10	11 Lemon Baked Chicken Steamed Rice English Peas Wheat Roll Dessert/Beverage	12 Cobb Salad Tomato Bisque Soup Crackers Dessert Beverage	13 Roast Beef Mashed Potatoes Mixed Vegetables Wheat Roll Red Velvet Cake Beverage	14 <b>NO LUNCH</b>  <b>SERVED</b>	15 Fried Fish Home Fries Broccoli/Cheese Salad Wheat Bread Dessert Beverage	16
17	18  <b>CENTER CLOSED</b>	19 Black Eyed Peas with Ground Beef Garden Salad Corn Bread Dessert Beverage	20 Spaghetti in Meat Sauce Steamed Broccoli Garlic Bread Dessert Beverage	21 <b>NO LUNCH</b>  <b>SERVED</b>	22 Fried Fish Potato Salad Green Beans Wheat Bread Dessert Beverage	23
24	25 Pork Chops Smothered in Gravy Steamed Rice Mixed Vegetables Corn Bread Dessert Beverage	26 Chicken Salad Lettuce & Tomatoes Vegetable Soup Crackers Dessert Beverage	27 Meat Loaf Garlic Mashed Potatoes English Peas Wheat Roll Dessert Beverage	28 <b>NO LUNCH</b> <b>SERVED</b> <b>Feeding San Diego Food Distribution</b>	29	30

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

- ▶ Meal Prices \$5.50, Fridays \$7.00 (60 yrs +) - \$8.50, Fridays \$9.00 (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 c**

**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>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!!!**

