






FALLBROOK SENIOR CENTER MARCH 2025 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

Monday - Friday Doors open at 10:30 we ask that you arrive by 11:00 760-728-4498

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Parmesan Vegetable Pasta Salad Fruit	4 Pork Chop w/Salsa Verde Vegetable Rice Salad/Roll Fruit	5 Cream of Broccoli Cheddar Soup Black Beans Baked Potato Salad/Roll/Fruit ▲	6 Turkey Meatballs and Spaghetti Vegetable Salad/Garlic Bread Fruit	7 Baked Cod with garlic & lemon Vegetable Farro Salad/Roll Fruit
10 Rudy's Homemade Bean and Cheese Burrito Vegetable Rice Salad/Roll/Fruit	11 Turkey Stuffed Bell Pepper Spinach Sweet Potato Salad/Roll Fruit	12 Chicken Cordon Bleu Vegetables Brown Rice Salad/Roll Fruit ▲	13 Birthday Lunch Beef Tips/w gravy Vegetable Pasta Salad/Roll Dessert 	14 Crab Cake Vegetable Farro Salad/Roll Fruit
17 St. Patrick's Day Corned Beef & Cabbage Carrots Potatoes Salad/Roll Fruit  ▲	18 Chicken Salad in Pita Vegetable Butternut Squash Salad/Roll Fruit	19 Beef Pepper Steak Vegetable Farro Salad/Roll Fruit	20 BBQ Chicken Vegetable Sweet Potato Fries Salad/Roll Fruit	21 Fish Taco Vegetable Tortilla Salad/Roll Fruit
24 Vegetable Lasagna Broccoli Three Bean Salad Garlic Bread Fruit ▲	25 Honey Mustard Chicken Vegetable Baked Potato Salad/Roll Fruit	26 Beef Stew Vegetable Barley Salad/Corn Bread Fruit 	27 Turkey Burger Vegetable Baked Fries Salad/Roll Fruit	28 Fish Veracruz Vegetable Farro Salad/Roll Fruit
31 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit			 Fallbrook Regional HEALTH DISTRICT	Meals are available for a \$5.00 charge per person for those aged 50 and above, and a \$12.00 charge for those under 50. Service is on a first-come, first-served basis. Menu is subject to change without notice.

Denotes meal that is >1,000 mg of sodium.