

FALLBROOK SENIOR CENTER FEBRUARY 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

<p>3 Vegetable Lasagna Sweet Potato Salad/Garlic Bread Fruit</p>	<p>4 Split Pea Soup w/Ham Cheese Quesadilla Vegetable Salad/Roll Fruit ▲</p>	<p>5 Sweet and Sour Meatballs Vegetable Rice Salad/Roll/Fruit</p>	<p>6 Baked Chicken Vegetable Baked Potato Salad/Roll Fruit</p>	<p>7 Baked Cod with garlic & lemon Vegetable Barley Salad/Roll Fruit</p>
<p>10 Chicken Rolled Taco's Vegetable Rice Salad/Roll Fruit</p>	<p>11 Chicken Parmesan Vegetable Pasta Salad Fruit</p>	<p>12 Teriyaki Beef Vegetable Brown Rice Salad/Roll Fruit</p>	<p>13 Birthday Lunch Pork Loin Vegetable Mashed Potatoes Salad/Roll Dessert </p>	<p>14 Happy Valentines Fish and Chips  Vegetable Baked Potato  Fries Salad/Roll Dessert</p>
<p>17 CLOSED </p>	<p>18 BBQ Pulled Pork on bun Vegetables Macaroni Salad Salad/Roll Fruit ▲</p>	<p>19 Shepards Pie w/Mashed Potato Topping Vegetable Salad/Roll Fruit</p>	<p>20 Soft Chicken Taco's Black Beans Rice Salad/Roll Fruit</p>	<p>21 Baked Shrimp Vegetable Farro Salad/Roll Fruit</p>
<p>24 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit</p>	<p>25 Orange Chicken Vegetable Rice Salad/Roll Fruit</p>	<p>26 Salisbury Steak Vegetable Scalloped Potatoes Salad/Roll Fruit</p>	<p>27 Chicken Vegetable Noodle Soup Cheese Quesadilla Salad/Roll Fruit</p>	<p>28 Fish Veracruz Vegetable Farro Salad/Roll Fruit</p>
			<p> Fallbrook Regional HEALTH DISTRICT</p> <p> LEGACY ENDOWMENT Your pathway to community giving</p>	<p>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.</p>

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