






Mountain Health Community Center
Senior Nutrition Menu 2020

FEBRUARY



Wednesday	Thursday	Friday
<p>5</p> <p>OVEN BAKED CHICKEN POTATO SALAD (EGGS, POTATO, MAYO, CELERY PEAS AND CARROTS WHOLE WHEAT ROLL</p>	<p>6</p> <p>TURKEY BARLEY SOUP (CARROTS, CELERY, BARLEY) GARDEN SALAD (LETTUCE, ONION, CARROTS, TOMATO) WHOLE WHEAT ROLL SEASONAL FRUIT - Vegetarian option available</p>  <p>Vegetarian</p>	<p>7</p> <p>*LASAGNA W/ MEATSAUCE ITALIAN VEGETABLES (SQUASH, ZUCCHINI, ONIONS) SPRING MIX SALAD (Green leaf lettuce, Romaine Lettuce, Arugula) WHOLE WHEAT ROLL</p>
<p>12</p> <p>*BAKED HAM BROWN RICE MALIBU VEGGIE (BROCCOLI, YELLOW/ORANGE CARROTS, CAULIFLOWER) GREEN SALAD (RAW SPINACH, RED CABBAGE, ONION)</p>	<p>13</p> <p>*MEAT LOAF w/LIGHT GRAVY WHIPPED POTATOES SPRING MIX SALAD (Lettuce, Raw Spinach, Red cabbage) MALIBU VEGETABLES (Broccoli, Yellow/Orange Carrots, Cauliflower)</p>	<p>14</p> <p>TURKEY Minestrone Soup (Celery, Carrots, Zucchini, Red Kid- ney Beans) GREEN SALAD (Raw Spinach, Red Cab- bage, Onion) WHOLE WHEAT ROLL APPLE SAUCE -Vegetarian option available</p>  <p>Vegetarian</p>
<p>19</p> <p>*CHILE RELLENO PIE WHOLE GRAIN RICE & BEANS SQUASH AND TOMATO SAUTÉ GREEN SALAD (Lettuce, Raw Spinach, red cabbage) -Vegetarian option available</p>  <p>Vegetarian</p>	<p>20</p> <p>*CHICKEN POT PIE CASSEROLE (CELERY, CHICKEN, CARROTS, GREEN BEANS, BISCUITS) STEAMED ZUCCHINI GREEN SALAD (Lettuce, Tomato, Onion, Carrots)</p>	<p>21</p> <p>*PORK ROAST W/ APPLE SAUCE MASHED SWEET POTATO BEEF SALAD (BEETS, ONIONS, LETTUCE, SAUCE) WHOLE WHEAT ROLL</p>
<p>26</p> <p>*BEEF SLOPPY JOE ON WHOLE WHEAT BUN BAKED SWEET POTATO FRIES GREEN SALAD (Lettuce, Raw Spinach, Red Cabbage) SEASONAL FRUIT</p>	<p>27</p> <p>* FISH TACOS WHOLE GRAIN RICE W/BEANS STEAMED CARROTS GREEN SALAD (Lettuce, Raw Spinach, Red Cabbage)</p>	<p>28</p> <p>*CHICKEN TORTILLA SOUP GREEN SALAD (Lettuce, Tomato, Onion, Carrots) WHOLE WHEAT ROLL TAPIOCA PUDDING -Vegetarian option available</p>  <p>Vegetarian</p>

FEBRUARY

Meals are served at 12:00PM at the Mountain Health Community Center
976 Sheridan Road Campo, CA.

Meals are also provided on Wednesday in Descanso (Descanso Library, 9545
River Drive).

On Thursday in Alpine (Alpine Community Center, 1830 Alpine Blvd), Potrero
(Potrero Library (24883 Potrero Valley Rd)and Dulzura (1135 Community Bldg Rd).

Friday's in Pine Valley (28890 Old Hwy 80). And Jacumba Library (44605 Old Hwy
80), 619-766-4608.

Meals are \$6 if you are under 60. For those 60 and over it is a
suggested \$4 donation.

**For more information or to make a reservation PLEASE CALL
619-478-5109.**

For Alpine reservations call 619-445-7330.

***denotes meal \geq 1,000 mg sodium**

ALWAYS INCLUDED ARE YOUR CHOICE OF MILK AND/OR JUICE.

SPECIAL NOTES:

Always included are your choice of milk or juice



Vegetarian

+THIS ICON INDICATES THE FRUIT OR
VEGETABLE OF THE MONTH

- This icon indicates a vegetari-
an option is available for lunch and please
call us to inquire about the vegetarian option.

