





February

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed	3 Chicken Tacos (onion, cabbage, whole wheat tortilla) Steamed Broccoli Orange Slices	4 Meatloaf w/light Gravy Sweet Potato Multi-Grain Bread Pineapple	5 Creamy Mushroom Chicken Long Grain Brown Rice Garden Salad Orange Slices	6 Santa Fe Turkey Skillet Garden Salad Barley Orange Slices
9 Enchilada Bowl (chicken, black beans, corn, brown rice, cheddar cheese) Garden Salad Orange Slices	10 Beef Tacos (onion, lettuce, whole wheat tortilla) Steamed Carrots Orange Slices	11 Meatball Soup (turkey) Long Grain Brown Rice Garden Salad Orange Slices	12 Spaghetti w/Light Meat Sauce Italian Vegetable Pineapple	13 Honey Mustard Chicken Steamed Broccoli  Multi Grain bread Applesauce
16 BBQ Chicken Green Beans Whole Wheat Bread Orange Slices	17 Fish Tacos (whole wheat tortilla, onion, cabbage) Steamed Carrots Orange Slices	18 Pineapple Ham Sweet Potato Mash Whole Wheat Bread Pineapple	19 Baked Country Chicken Green Beans Whole Wheat Bread Orange Slices	20 Turkey Power Bowl (tomato, corn, black beans, brown rice, sweet potato) Applesauce
23 Hoisen Fish Italian Vegetables Long Grain Brown Rice Garden Salad Orange Slices	24 Chicken Tacos (onion, cabbage, tomato, whole wheat tortilla) Steamed Broccoli Peaches	25 White Chicken Chili Steamed Cabbage Barley Pineapple	26 Goulash (beef, wheat pasta) Steamed Peas Apple	27 Caribbean Chicken Rice & Lentil Green Beans Orange Slices
"There is only one happiness in life: to love and be loved."	"True friendship is a plant of slow growth"	"Be someone's rainbow today."	"There is nothing better than a friend, unless it is a friend with chocolate"	



February

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

Meals are also provided on:

Wednesdays in Descanso (Descanso Library, 9545 River Drive),
Pine Valley (28890 Old Hwy 80)

Thursdays in Alpine (**Alpine Community Center**, 1830 Alpine Blvd) 619.445.7330
Potrero (Potrero Library (24883 Potrero Valley Rd)

Dulzura (1135 Community Bldg. Rd)

Fridays in Jacumba Library (44605 Old Hwy 80, Jacumba Hot Springs)

Seniors 60 and over it is a suggested \$4 contribution. Meals are \$6 if you are under 60.

**For more information or to make a reservation PLEASE CALL
619-478-2384.**

**Denotes Sodium Meal \geq 1,000 mg sodium.*
ALWAYS INCLUDED MILK .

MEALS ARE ALWAYS PREPARED WITH YOUR HEALTH IN MIND.

Weekly Activities (976 Sheridan road campo)

Monday's: Feeding San Diego 12:00pm –1:00pm (outside the center, if you have lunch we can bring in your food bag)

Tuesday's: Feeling Fit Class 10:45am– 11:45am (inside)

Wednesday's: Bingo 12:30pm-1:00pm (inside after lunch)

Thursday's: Rise and Shine 11:00am-12:00pm (inside before lunch)

Friday's: Karaoke 12:30pm –1:00pm (after lunch)

