



Mountain Health Community Center
Senior Nutrition Menu 2026

March



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Mediterranean Fish Steamed Broccoli Long Grain Brown Rice Peaches</p>	<p>3 Green Beef Tacos (onion, lettuce, whole wheat tortilla) Steamed Carrots Green Salad Orange Slices</p>	<p>4 Ham Broccoli Soup Long Grain Brown Rice Green Salad Peaches</p>	<p>5 Baked Ziti (beef) Green Beans Orange Slices</p>	<p>6 Teriyaki Chicken Steamed Broccoli Long Grain Brown Rice Peaches</p>
<p>9 Curry Chicken Steamed Broccoli Long Grain Brown Rice Pineapple</p>	<p>10 Chicken Tacos (onion, cabbage, whole wheat tortilla) Steamed Broccoli Peaches</p>	<p>11 Stuffed Cabbage Casserole Long Grain Brown Rice Green Salad Pineapple</p>	<p>12 Hawaiian Chicken (onion, pineapple, peppers) Garden Salad Long Grain Brown Rice Pineapple</p>	<p>13 Meatball and Gravy (turkey) Peas & Carrots Multi- Grain Bread Peaches</p>
<p>16 Beef Stir Fry (bell peppers, onion, tomato, broccoli) Long Grain Brown Rice Orange Slices</p>	<p>17 Irish Tacos (corned beef, onion, cabbage, whole wheat tortilla)  Steamed Broccoli Peaches</p>	<p>18 Turkey Ala King Steamed Broccoli Multi-Grain Bread Orange Slices</p>	<p>19 Meatloaf w/light Gravy Sweet Potato Multi-Grain Bread Peaches</p>	<p>20 Chicken Noodle Soup (chicken, carrots, wheat pasta) 4 Way Vegetables Peaches</p>
<p>23 Beef & Barley Soup (carrots, celery) Orange Slices</p>	<p>24 Fish Tacos (whole wheat tortilla, onion, cabbage) Steamed Carrots Orange Slices</p>	<p>25 Winter Minestrone (potatoes, onions, peas, celery, carrots, turkey, navy beans, whole wheat pasta) Garden Salad Orange Slices</p>	<p>26 Pineapple Ham Sweet Potato Multi-grain bread Pineapple</p>	<p>27 Goulash (beef, wheat pasta) Steamed Cabbage Pineapple</p>
<p>30 Lemon Pepper Fish Steamed Broccoli Long Grain Brown Rice Orange Slices</p>	<p>31 Green Beef Tacos (onion, lettuce, whole wheat tortilla) Steamed Carrots Orange Slices</p>			

March

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 Jacumaba 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: Rise and Shine 11:30am-12:00pm (inside before lunch)

Thursday's: Garden 10:00am-11:30am

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

