

March 2026 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Alfredo Penne Pasta Broccoli Apple	3 Salisbury Steak Mashed Potatoes Peas & Carrots Orange	4 Sweet & Sour Pork Chop Steamed Rice Asian Vegetables Blend Banana	5 Italian Meatballs (Beef) Spaghetti California Vegetables Pear	6 Cheese Enchiladas Black Beans Baja Vegetables Apple 
9 Mushroom Spinach Chicken Penne Pasta Cauliflower Orange	10 Swedish Meatballs Roasted Potatoes Diced Carrots Banana	11 Porkchop with Ancho Sauce Mashed Potatoes Capri Vegetables Pear	12 Stir-Fry Chicken Steamed Brown Rice Cabbage Apple	13 Vegetarian Lasagna Chickpea & Zucchini Sautee Orange 
16 BBQ Chicken Sweet Potatoes Corn Banana	17 Beef Picadillo Spanish Rice Carrots Orange	18 Pork Carnitas Black Beans Southwestern Vegetables Pear 	19 Teriyaki Chicken Brown Rice Asian Vegetable Blend Apple	20 Tuna Sandwich Cucumber Salad Mandarin Oranges
23 Sun Dried Tomato Chicken Penne Pasta Cauliflower Banana	24 Turkey Cutlet Mashed Potatoes Green Beans Pear	25 BBQ Pulled Pork Sweet Potatoes Brussels Sprouts Apple	26 Chicken Enchiladas Spanish Rice Baja Vegetables Banana	27 Egg Salad Sandwich Baby Carrots Orange
30 Italian Sausage & Peppers Pasta Broccoli Pear 	31 Mango Chipotle Chicken Confetti Rice Green Peas Orange			

Milk served at every meal



Indicates sodium above 1,000mg per meal

Menus may be subject to change

If you have any questions regarding the meal or service, please contact **Sodexo at 951-877-5950**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at Vanh@healthylivingconsulting.net.

Materials, products, and services are funded by the California Department of Aging in partnership with Riverside County Office on Aging.

Corona Snr Ctr 951-739-4966
 Mead Valley 951-210-1587
 Stratton 951-826-5355

Good Hope 951-943-9126
 Murrieta 951-461-6122
 Temecula 951-694-6464

Janet Goeske 951-351-8801
 Norco 951-270-5647
 Villegas 951-351-6142

Lake Elsinore 951-674-2526

