

March



Call the Lunch Reservation Line at (209) 365-0572
at least 24 hours in advance to make your lunch reservation, or to cancel an existing reservation.

Lunch is served promptly at 11:30 a.m.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Vitamin C source <u>Vitamin A</u> source, ^S≥1000mg Sodium/Meal</p> <p>1% milk is provided with each meal. Each meal meets 1/3 of the daily nutritional requirement</p>	<p>\$3.00 Suggested Donation Per Meal</p> <p>If you are unable to make a donation, please consider contributing whatever you can. No one will be denied a meal if they are unable to contribute.</p>		<p>1</p> <p>Ham & Scalloped Potatoes ^S Steamed <u>Carrots</u> *Pineapple Whole Wheat Roll Margarine 1% Milk</p>	<p>2</p> <p>Minestrone Soup Wedge Salad Blue Cheese Dressing Hard Boiled Egg *Mandarin Oranges Garlic Bread 1% Milk</p>
<p>5</p> <p>BBQ'd Pork Ribs Mashed Potatoes Gravy Steamed *Cauliflower & *Broccoli Apple Sauce Whole Wheat Roll Margarine 1% Milk</p>	<p>6</p> <p>Grilled Teriyaki Chicken Kabobs Fried (Brown) Rice Peas & <u>Carrots</u> *Pineapple Whole Wheat Roll Margarine 1% Milk</p>	<p>7</p> <p>Biscuits & Country Gravy ^S Scrambled Eggs Bacon Slice Country Potatoes *Orange Wedges Chocolate Milk</p>	<p>8</p> <p>Spaghetti w/Meat Sauce Green Salad Garbanzo Beans, Dressing *<u>Collard Greens</u>, Fruit Salad Garlic Bread 1% Milk</p> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>Lunch Date With LOEL Given by Omega Nu</p> </div>	<p>9</p> <p>Lemon Baked Fish Wild Rice <u>Mixed Veggies</u> *Mandarin Oranges Whole Wheat Roll Margarine Lemon Wedge 1% Milk</p>
<p>12</p> <p>BBQ'd Hamburger Ground Beef Patty Whole Wheat Bun Lettuce, Tomato & Cheese *Broccoli Salad Tater Tots Fruit Cocktail 1% Milk</p>	<p>13</p> <p>French Onion Soup Egg Salad Sandwich Steamed <u>Spinach</u> Whole *Tangerine Whole Wheat Crackers 1% Milk</p>	<p>14</p> <p>Beef Lasagna <u>Kale</u> Salad Green Beans *Citrus Salad Garlic Bread 1% Milk</p>	<p>15</p> <p>Happy St. Patty's Day Corned Beef ^S Cabbage & <u>Carrots</u> Roasted Red Potatoes Lime Jell-O w/*Mandarin Oranges Whole Wheat Roll Margarine 1% Milk</p>	<p>16</p> <p>Papa Murphy's Veggie Pizza ^S Green Salad Kidney Beans Dressing Cottage Cheese *Pineapple</p>
<p>19</p> <p>Liver & Onions Mashed Potatoes Gravy Greens Beans *Orange Wedges Whole Wheat Roll Margarine 1% Milk</p>	<p>20</p> <p>Crab Salad On A Croissant Bag of Chips *Broccoli Salad <u>Apricot Halves</u> Cottage Cheese 1% Milk</p>	<p>21</p> <p>Open-face Hot Roast Beef Sandwich Roast Beef Whole Wheat Bread Brown Gravy Mashed Potatoes Green Beans *Citrus Salad, 1% Milk</p>	<p>22</p> <p>Chicken Parmesan Spaghetti Steamed <u>Spinach</u> Green Salad Dressing *Tangerine Whole Wheat Roll Margarine 1% Milk</p>	<p>23</p> <p>Cheese Enchiladas w/Green Sauce Mexican Salad Refried Beans Steamed *Broccoli Diced Peaches 1% Milk</p>
<p>26</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Steamed <u>Spinach</u> Steamed Corn *Mandarin Oranges Garlic Bread 1% Milk</p>	<p>27</p> <p>All Beef BBQ Hot Dog ^S Whole Wheat Hot Dog Bun Coleslaw Baked Beans <u>Mixed Veggies</u> *Citrus Salad 1% Milk</p>	<p>28</p> <p>Navy Bean Soup Grilled Cheese Sandwich Steamed <u>Carrots</u> *Pineapple Whole Wheat Crackers 1% Milk</p>	<p>29</p> <p>Open Faced Hot Turkey Sandwich Whole Wheat Bread Mashed Potatoes, Turkey Gravy *Roasted Brussels Sprouts Fruit Cocktail 1% Milk</p>	<p>30</p> <p>Fish & Chips Battered Cod Filet Tater Tots Fries *Broccoli Salad <u>Apricot Halves</u> Whole Wheat Roll Margarine 1% Milk</p>

Why Have Lunch at LOEL?

- Delicious, nutritious, & great variety
- Fellowship with other seniors
- Opportunity for new friendships
- New faces every week
- No cooking & clean-up at home



*And all of this for just a \$3.00 donation per meal!
(No one is denied a meal if they are unable to contribute.)*

LOEL's Daily Senior Lunch Program is for senior citizens 60 years of age or older that live in San Joaquin County. Lunch is served Monday-Friday at 11:30 a.m. and a 24 hour advance reservation is preferred. Call 365-0572 with any questions.

Hope to see you at lunch!

G K A I W S P X Q F S H P Z K M A O
 Z R C W M Y S K E A T D Y M A T A F
 P E E U F J C E U X O B G R A G W F
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 Y D C F R G A V S F U F H V A L Z T

Cabbage

Irish

Potatoes

Carrots

Leprechaun

Pot of Gold

Clover

LOEL

Rainbow

Corned Beef

Luck

Shamrock

Green

March

St. Patrick