

LUNCH IS SERVED DAILY

MONDAY - FRIDAY

AT 11:30AM

March

**CALL 510-799-8219,
TO MAKE YOUR LUNCH RESERVATIONS**

**Reservations must be made in advance on
a first-come, first served basis.**

Note meal cap is in effect

REGULAR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/2 Beef Goulash Brussels Sprouts Carrot Raisin Salad Whole Wheat Roll w/Butter Fresh Pear	3/3 Sliced Turkey w/Gravy Mashed Potatoes Pacific Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit	3/4 Breaded Fish Sandwich w/Cheese and Tartar Sauce Split Pea Soup Sweet Potato Tots Tossed Salad w/Dressing Tropical Fruit 	3/5 Teriyaki Chicken Egg Drop Soup Green Beans Coleslaw Asian Brown Rice Gelatin w/Fruit Cocktail	3/6 Ham & Cheese Frittata w/Shredded Cheese and Salsa Diced Red Potatoes Collard Greens Bagel w/Butter Seasonal Fresh Fruit
3/9 Fish Sticks w/Tartar Sauce Tomato Soup Mac & Cheese Scandinavian Veggies Citrus Fruit	3/10 Pork Chile Verde Pinto Beans Cauliflower Brown Rice Fresh Fruit	3/11 HAPPY BIRTHDAY ANGELA CHAN! Spicy Southwestern Chicken Pasta Fiesta Vegetables Stewed Tomatoes Juice Lemon Cake	3/12 Sesame Beef Broccoli Carrots Brown Rice Fresh Fruit 	3/13 Yogurt Dill Turkey Sandwich w/Lettuce, Tomato, & Onion on Whole Wheat Bread Chicken Rice Soup Potato Salad 3-Bean Salad Fresh Orange
3/16 Brazilian Coconut Chicken Black Beans California Vegetables Brown Rice Fresh Apple	3/17 HAPPY ST. PATRICK'S DAY Irish Beef Stew Seasoned Cabbage Whole Wheat Roll w/Butter Seasonal Fresh Fruit Green Poke Cake  	3/18 Turkey Marsala Cream of Cauliflower Soup Peas & Carrots Zucchini Whole Grain Penne Fresh Orange	3/19 BBQ Pork Riblet Sweet Potatoes Key Largo Vegetables Whole Wheat Roll w/Butter Cinnamon Apples	3/20 HAPPY BIRTHDAY CLARA SAPRASA! Chimichurri Tilapia Cream of Mushroom Soup Pacific Vegetables Spanish Brown Rice Spinach Salad Tropical Fruit
3/23 Pork Afritada Bean Medley Garden Pea Salad Brown Rice Orange Juice Cookie	3/24 Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on Whole Wheat Bread Vegetable Soup Black Bean & Corn Salad Mandarin Oranges	3/25 Cheeseburger with Lettuce, Tomato, Onion, Ketchup, & Mustard on a Whole Grain Bun Potato Leek Soup Baked Beans Coleslaw w/Carrots Fresh Apple	3/26 Spaghetti w/Turkey Bolognese Sauce & Parmesan Cheese Italian Vegetables Marinated Beets & Onions Tangerine	3/27 Orange Glazed Chicken Zucchini Stir Fry Vegetables Brown Rice Seasonal Fresh Fruit Sherbet
3/30 HAPPY BIRTHDAY MARIA PEREZ! Turkey Tetrazzini w/Whole Grain Pasta Stewed Tomatoes Pacific Vegetables Fresh Orange	3/31 Spring into Wellness Fair FREE 2pm-4pm Broccoli & Cheese Stuffed Chicken w/Dijon Sauce Lentil Soup Mixed Vegetables Scalloped Potatoes WW Roll Applesauce			ALTERNATIVE ENTREES: Vegetarian Menu or Asian Chicken Salad Request in advance.

Please call 510-799-8219, to reserve your lunch one business day before noon. Menus available at www.HerculesCa.gov

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.