



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Savory Beef Stew <u>3</u> (not ground beef) (Carrots, Celery, Onion)** Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll or Bread</p>	<p>Turkey Vegetable <u>4</u> Stir-Fry (LS Turkey, Broccoli, Bamboo Shoots, Water chestnuts) Green Peas *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Lo Mein Noodles Whole Grain Bread</p>	<p>Caribbean Chicken <u>5</u> LS Black Beans Corn ***Carrot, Bell Pepper, Celery Salad Fresh Fruit in Season Brown Rice Pilaf</p>	<p>Bolognese w/ Whole Grain Penne Pasta <u>6</u> (Ground Turkey, Tomato sauce) Herbed Zucchini & Yellow Squash Cauliflower Caesar Salad w/CROUTONS Fruit Cup (Apple & Melon) *[-]Orange Juice</p>	<p>Fish & Chips <u>7</u> **Roasted Sweet Potato Wedges Peas & Carrots *Coleslaw Fresh Peach or Plum Whole Grain Roll or Bread Tapioca Pudding</p>
<p>Southwest Shredded Chicken <u>10</u> LS Pinto or Black Beans Yellow Squash *Shredded Cabbage, Mixed Salad Greens & Radish Fresh or Unsweetened Peaches or Melon Whole Grain Tortilla</p>	<p>Shepherd's Pie <u>11</u> (Ground Beef) Mashed Potatoes **Carrots Corn Mixed Salad Greens *Kiwi Whole Grain Roll</p>	<p>Baked Fish Almondine <u>12</u> Green Beans w/Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber Barley w/Herbs Yogurt Parfait with Fruit in Dessert (Berries)</p>	<p>Cashew Chicken <u>13</u> Green Peas LS Beet & Mandarin Orange Salad* Fresh Fruit in Season Brown Rice</p>	<p>Garden Vegetable Lasagna <u>14</u> (2 eggs w/ Tofu OR White Beans (mashed), Ricotta, Zucchini & Mushrooms, LS Tomato sauce, Parmesan, Whole Grain Lasagna Pasta) Broccoli** Cauliflower, Italian Beans Caesar Salad *Cantaloupe or Orange</p>
<p>St. Patrick's Day Corn Beef [+] <u>17</u> [-] Red Potatoes Steamed Cabbage **Carrots Kiwi OR Grapes *[-] Orange Juice Whole Rye Bread Vanilla Pudding</p> 	<p>Baked Pollack w/lemon sce <u>18</u> OR Quiche (2 eggs, tofu, spinach, mushrooms, cheese garnish) Mixed Veg Blend Green Peas ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll or Bread</p>	<p>BBQ Chicken w/BBQ Sauce <u>19</u> **Yam or Sweet Potato ***Tri Color Coleslaw w/carrots Peach or Pear Brown Rice</p>	<p>Tamale Pie <u>20</u> (Ground Turkey, Cheese garnish, Polenta/Cornmeal) LS Black Beans Mesclun Salad Mix *Pineapple/Mango Fruit Cup Oatmeal Cookie</p>	<p>Meatloaf w/LS Gravy <u>21</u> (Ground Beef) Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll</p>
<p>Chicken Adobo <u>24</u> Green Peas Mesclun Salad w/Garbanzo Beans *Pineapple & Mango Fruit Cup Brown Rice</p>	<p>Turkey Milanese w/Red Sauce <u>25</u> Whole Grain Linguine Cauliflower & Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/granola</p>	<p>Salmon w/Dill Sauce <u>26</u> Green Beans LS Black Beans Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Cinnamon Applesauce Whole Grain Roll</p>	<p>Asian Beef Stir Fry <u>27</u> Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions) LS Beet Salad *[-]Cantaloupe or Tangerine Brown Rice</p>	<p>Vegetarian Chili <u>28</u> (LS Pinto & Kidney Beans, Barley, Tomatoes, Cheese garnish) **Herb Roasted Carrots Mixed Salad Greens Banana *[-] Orange Juice TFF Cornbread</p>
<div style="text-align: center;">  <p>HELLO March</p> </div> <p>Department of Aging requirements: Lunch meets 1/3 requirement for the Recommended Daily Allowance. * Meets Vitamin C requirement ** Meets Vitamin A requirement ***Meets Vitamin A & C [-] Potassium-rich [+] Suggested donation - \$3.00 per meal.</p>				