


Monday	Tuesday	Wednesday	Thursday	Friday
<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. Menu is subject to change without notice.</p>				
<p>Open Face Hot Turkey 3 Sandwich w/LS Gravy Green Beans Mashed Potatoes **Spinach Salad w/Shredded Cabbage, Dried Cranberries *Orange Juice Whole Grain Bread</p>	<p>Quiche 4 (2 eggs, tofu, spinach, mushrooms, cheese garnish) OR Baked Pollack w/lemon sauce Mixed Veg Blend ***Broccoli Salad Cinnamon Applesauce Whole Grain Roll or Bread</p>	<p>BBQ Chicken 5 w/BBQ Sauce **Yam or Sweet Potato ***Tri Color Coleslaw w/carrots Peach or Pear Brown Rice</p>	<p>Tamale Pie 6 (Ground Turkey, Cheese garnish, Polenta/Cornmeal) LS Black Beans Mesclun Salad Mix *Pineapple/Mango Fruit Cup Oatmeal Cookie</p>	<p>Meatloaf w/LS Gravy 7 (Ground Beef) Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll</p>
<p>Chicken Adobo 10 Green Peas Mesclun Salad w/Garbanzo Beans *Pineapple & Mango Fruit Cup Brown Rice</p>	<p>Turkey Milanese 11 w/Red Sauce Whole Grain Linguine Cauliflower & Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/granola</p>	<p>Salmon w/Dill Sauce 12 Green Beans Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Cinnamon Applesauce Whole Grain Roll</p>	<p>Asian Beef Stir Fry 13 Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions) LS Beet Salad * [=]Cantaloupe or Tangerine Brown Rice</p>	<p>Valentine's Day 14 Chicken a la Orange Peas & Carrots** Coleslaw* Brown Rice Pilaf Wheat Roll Grape Juice White Cake/w Strawberries</p>
<p>Presidents' Day 17</p> 	<p>Presidents' Day Menu 18 Hamburger (ground turkey) Lettuce, Tomato, Onion [=] Potato Salad **Broccoli * [=] Orange Juice Whole Grain Bun Cherry Gelatin w/Pineapple</p>	<p>Mediterranean Chicken 19 **Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes) LS Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread</p>	<p>Baked Fish 20 w/Dijon Sauce Herbed Roasted Potatoes *Creamy Coleslaw Baked Apple or Applesauce Whole Grain Roll</p>	<p>LS Roast Turkey Breast 21 w/LS Gravy Cranberry Sauce **Fresh Baked Yam or Sweet Potato **Spinach Salad *Kiwi or Orange Whole Grain Stuffing Lemon Pudding</p>
<p>Fish Creole 24 LS Red Beans *Creamy Coleslaw Pear or Plum Warm Whole Grain Tortilla</p>	<p>Chicken Dijon 25 Herb Zucchini & Green Beans ***Chopped Salad w/Kale, Lettuce, Cucumber, Carrots Fresh Fruit in Season Whole Grain Roll</p>	<p>Stuffed Bell Pepper 26 (Ground Turkey, Barley) Mixed Vegetables Romaine Salad w/Tomatoes Apple * [=]Orange Juice Dinner Roll</p>	<p>Tuscan Bean Stew 27 (LS Beans, Mushrooms, Carrots, Celery) Roasted Cauliflower **Spinach Salad *Orange Whole Grain Roll</p>	<p>Korean BBQ (Beef) 28 w/BBQ Sauce Sauté Zucchini w/Sesame Seeds ***Broccoli Salad w/sliced Radish Pineapple Herbed Brown Rice</p>

