

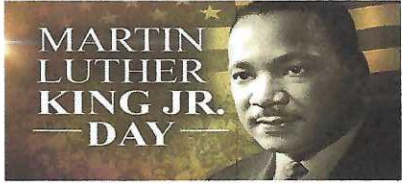


Sunland Dining Center

January 2025 - Congregate Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
|  | ADRIANA HERNANDEZ <i>Dining Coordinator</i> SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER | 1. CENTER CLOSED IN OBSERVANCE OF  | 2. Asian Beef Stir Fry Mixed Asian Vegetables Brown Rice Beet Salad *Cantaloupe OR Tangerine Low fat Milk | 3. *Orange Juice Vegetarian Chili w/Pinto & Kidney Beans Cornbread/Herb Roasted Carrots Mixed Salad Greens w/French Banana Drsg Low fat Milk |
| 6. *Orange Juice Spaghetti w/Meat Sauce (Turkey) Broccoli Caesar Salad w/Caesar Dressing Fresh Pear OR Peach Low fat Milk | 7. Beef Fajita w/Peppers & Onions Whole Grain Tortilla Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk | 8. Mediterranean Chicken Pita Bread/Brown Rice Pilaf Roasted Vegetables Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe OR Tangerine Low fat Milk | 9. Baked Fish w/Dijon Whole Grain Roll Herbed Potato Salad OR Herbed Roasted Potatoes *Creamy Coleslaw Baked Apple OR Applesauce Low fat Milk | 10. Roast Turkey Breast w/Gravy Whole Grain Stuffing Potato Fresh Baked Yam OR Sweet Spinach Salad w/French Dressing *Kiwi OR Orange Lemon Pudding (OPTIONAL) Low fat Milk |
| 13. Fish Creole Whole Grain Tortilla Red Beans *Creamy Coleslaw Pear OR Plum Low fat Milk | 14. Chicken Dijon Whole Grain Roll Herb Zucchini & Green Beans Chopped Salad w/Kale, Lettuce, Cucumber & Carrots w/Vinaigrette Dressing Fresh Fruit in Season Low fat Milk | 15. *Orange Juice Stuffed Bell Pepper (Turkey) Dinner Roll Mixed Vegetables Romaine Salad w/Tomatoes & 1000 Island Dressing Apple AND/OR Red Gelatin Cubes w/Yogurt (OPTIONAL) Low fat Milk | 16. Tuscan Bean Stew Whole Grain Roll Roasted Cauliflower Spinach Salad w/Ranch Dressing *Orange Low fat Milk | 17. *Orange Juice Oven Fried Chicken Corn Bread Seasoned Greens OR Spinach Whipped Turnips Tossed Green Salad w/1000 Island Dressing Fresh Fruit AND/OR Rice Pudding Low fat Milk |
| 20. CENTER CLOSED IN OBSERVANCE OF  | 21. Turkey Vegetable Stir Fry w/Lo Mein Noodles Whole Grain Bread *Cabbage, Cucumber, & Radish Salad w/Sesame Dressing Poached Ginger Pear Low fat Milk | 22. Caribbean Chicken Brown Rice Pilaf Corn Carrot, Bell Pepper, & Celery Salad Fresh Fruit in Season Low fat Milk | 23. Turkey Bolognese w/Penne Pasta Squash Herbed Zucchini & Yellow Caesar Salad w/Croutons & Caesar Dressing Fruit Cup (Apple & Melon) Low fat Milk | 24. Fish & Chips Whole Grain Roll OR Bread Roasted Sweet Potato Wedges *Coleslaw Fresh Peach OR Plum Tapioca Pudding (OPTIONAL) Low fat Milk |
| 27. FOOD BANK AT ABD Southwest Shredded Chicken Whole Grain Tortilla Pinto Beans *Shredded Cabbage, Mixed Salad Greens & Radish w/Cilantro Dressing Fresh or U/S Peaches OR Melon Low fat Milk | 28. Shepherd's Pie (Beef) w/Mashed Potatoes Whole Grain Roll Carrots Mixed Salad Greens w/French Dressing *Kiwi Low fat Milk | 29. Baked Fish Almandine Barley w/Herbs Green Beans w/Herbs Spinach Salad w/Kale, Bell Pepper, & Cucumber w/1000 Yogurt Parfait w/Berries Drsg Low fat Milk | 30. Cashew Chicken Brown Rice Green Peas *Beet & Mandarin Orange Salad Fresh Fruit in Season Low fat Milk | 31. Garden Vegetable Lasagna w/Zucchini & Mushrooms & Parmesan Cheese Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk |

Lunch served at 11:30 AM - please arrive early to secure your meal! MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

*Vitamin C Source