

	Tuesday	Wednesday	Thursday	Friday
New Year's Day 1 	Vegetarian Stew 2 w/ Beans and Cheese WG Roll or Bread, Mesclun Salad w/Romaine, Apple & Celery Corn and Peas [=]Banana [=]*Orange Juice	Chicken Carnitas 3 [=]Vegetable Soup Flour or Corn Tortilla ***Spinach Salad w/Mandarin Orange [=]Pinto Beans LS [=]Tapioca or Vanilla Pudding	Beef Tips w/Mushrooms 4 WG Roll or Bread *Coleslaw [=] Garlic Mashed Potatoes Fresh Pear or Peach or Unsweetened Canned	Turkey Bolognese 5 w/Penne Pasta [=] [=]Lentil Soup Caesar Salad w/Romaine, Croutons **Vegetable Blend *Fruit Cup – Pineapple, orange, Mixed melon
LS Beef Vegetable Stir Fry 8 w/celery, onions, bell pepper, bamboo shoots, w/LS ginger sauce Jasmine Brown Rice Mixed Salad Greens w/Sesame Dressing Ginger Sliced Pear [=]*Orange Juice	Turkey Burger 9 w/Lettuce & Tomato WG Bun ***Broccoli Salad w/raisin, onion [=] Herb Roasted Potato Oatmeal Cookie	Baked Fish w/Herb Crust 10 Tartar Sauce [=]Split Pea Soup Whole Grain Bread *[=]Beet & Onion Salad w/Mandarin Oranges **Herbed Carrots Fresh Fruit Cup – Assorted Seasonal Fruit	Chicken Cacciatore 11 Pasta w/Herbs Romaine Salad w/Cucumber Italian Green Beans w/Olive Oil [=]*Orange or Cantaloupe	Beef Fajita 12 Corn Chowder Soup Mexican Rice, Tortilla [=]***Mixed Salad w/Spinach, Shredded Cabbage & Brussels Sprouts [=]LS Pinto Beans [=]Banana
Martin Luther King Jr. Day 15 CLOSED 	Chicken Adobo 16 Vegetable Brown Rice Pilaf [=]**Whipped Butternut Squash or Sweet Potato Green Bean w/Mushroom [=]*Orange or Tangerines or Cantaloupe***	Stuffed Manicotti or Shells 17 w/Meat Sauce Mesclun Salad Mix Zucchini and Cauliflower *Pineapple & Mandarin Fruit Cup	Swedish Meatballs 18 Tarragon Noodles Mixed Green Salad Peas & Corn Chocolate Pudding [=]*Orange Juice	Hawaiian Chicken 19 w/Pineapple Brown Rice Pilaf ***Broccoli Salad w/raisin, red onion **Ginger Carrots Fresh Fruit in Season
Shepherd's Pie 22 (Turkey w/mushrooms, onions, mashed potatoes, peas & corn) WG Roll or Bread Romaine Salad w/Tomato & Cucumber *[=]Fruit Cup w/Pineapple, Orange, Melon (mixed))	Soft Fish Taco w/Salsa 23 Tomato Soup Flour or Corn Tortilla ***Shredded Cabbage, Bell Pepper, Shredded Carrots [=]Pinto Beans Fresh Peach or Unsweetened canned	Brisket 24 w/Caramelized Onions Whole Grain Bread [=]**Whipped Sweet Potato Broccoli** [=]Banana [=]*Orange Juice	Chicken Dijon 25 Lemon Orzo Soup Farro Risotto (celery/onion) Mesclun Salad Mix **Herbed Carrots [=]*Orange or Tangerines or Cantaloupe**	Roast LS Turkey w/LS Sauce 26 Bulgur Pilaf *Coleslaw Green Beans w/Mushrooms Oatmeal Cookie
Moroccan Style Chicken 29 Pita Bread ***Spinach Salad w/LS Chickpeas, Mandarin Orange Zucchini & Carrots** Lemon Pudding	Spaghetti & Meatballs 30 Vegetable Soup Caesar Salad w/Romaine, Croutons Italian Green Beans w/Olive Oil [=]*Orange or Tangerines or Cantaloupe**	Tarragon Turkey Stew 31 **Vegetables in entrée (Peas, Mushrooms, Carrots) Biscuit *Creamy Coleslaw Vanilla slice/Diced Pear	* Meets Vitamin C requirement **Meets Vitamin A requirement for Department of Aging ***Meets Vitamin A & C [=] Potassium-rich Lunch meets 1/3 requirement for the Recommended Daily Allowance. Menu is subject to change without notice	

