

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Baked Breaded Fish w/Tartar sauce</b> Vegetable/Lentil Soup Whole Grain Bread, *Coleslaw - Red & Green Cabbage, Whipped Butternut Squash, Yam or Sweet Potato**, Fresh Peach or Unsweetened	<b>1</b> <b>Chicken Carnitas</b> Vegetable Soup Flour or Corn Tortilla, ***Spinach Salad w/Mandarin Orange, [=]Black Beans, [=]Tapioca Pudding	<b>2</b> <b>Salisbury Steak</b> Whole Grain Bread, [=]Rosemary Mashed Potatoes, Mixed Vegetables**, [=]Banana, [=]*Orange Juice`
<b>6</b> <b>Rosemary Garlic Chicken</b> Lemon Orzo Soup Whole Grain Bread, *Coleslaw w/Shredded Cabbage & Brussels Sprouts, **Sweet Potatoes, Apple	<b>7</b> <b>Beef Stroganoff</b> Parsley Noodles, Romaine Salad, Green Beans w/Olive Oil, Ginger Sliced/Diced Pear, [=]*Orange Juice	<b>8</b> <b>Chicken &amp; Broccoli Casserole</b> Whole Grain Bread, ***[=]Spinach & Cabbage Salad w/Cucumbers, Tomato & Bell Pepper, Fruited Gelatin w/Mixed Fruit		<b>9</b> <b>Baked Fish w/ Vegetables &amp; Lemon Sauce</b> [=]Navy Bean & Vegetable Soup Whole Grain Bread, *Beet & Onion Salad w/Mandarin Oranges, **Spinach Sauté w/Garlic, Fruit Cup - Assorted Fruit in Season
<b>13</b> <b>Meatloaf</b> w/ low sodium Sauce, Whole Grain Bread, Romaine Salad, **Mixed Vegetables, [=]*Orange or Tangerines or Cantaloupe	<b>14</b> <b>Valentine's Day</b> ❤️ <b>Chicken Breast in Wine Sauce</b> Brown rice Pilaf, Dinner Roll, Garden Salad, [=]Roasted Butternut Squash** with Honey Granola, Chocolate Mousse ❤️❤️❤️❤️❤️	<b>15</b> <b>Sloppy Joe</b> Wheat Bun, **Carrot Raisin Salad, Peas & Corn, [=]Chocolate Pudding, [=]*Orange Juice	<b>16</b> <b>Baked Breaded Fish w/tartar sauce</b> [=]Split Pea Soup Whole Grain Bread, *Red & Green Coleslaw, **Butternut Squash or Mashed Yam/Sweet Potato, Fresh Peach or Unsweetened Canned	<b>17</b> <b>Chicken Chili</b> Brown Rice, Vegetables in entrée, Mixed Salad Greens, Oatmeal Cookie, [=]*Orange Juice
<b>20</b> 	<b>21</b> <b>Soft Fish Taco</b> Tomato Soup w/ Salsa, Flour or Corn Tortilla, ***Shredded Cabbage, Bell Pepper, Shredded Carrots, Pinto Beans, [=]Lemon Pudding	<b>22</b> <b>Chicken Adobo</b> Vegetable Brown Rice Pilaf, [=]Beet Salad w/Mandarin Oranges*, Green Bean Medley, [=]Banana	<b>23</b> <b>Turkey Tarragon Stew</b> Bulgur Wheat, **Stew Vegetables, Mixed Green Salad w/assorted lettuce, [=]Fruit Cup w/Pineapple, Orange, Melon (mixed)	<b>24</b> <b>Brisket w/ Caramelized Onions</b> Whole Grain Bread, [=]Mashed Potatoes, Broccoli**, Apple, [=]Orange Juice*
<b>27</b> <b>Baked Fish w/Vegetables &amp; Lemon Sauce</b> Vegetable Soup Whole Grain Bread, ***Spinach Salad w/ Mandarin Orange, Peas & corn, Butterscotch Pudding	<b>28</b> <b>Jamaican Jerk Chicken</b> Whole Grain Bread, Mesclun Salad w/Romaine, **Butternut Squash or Yam, [=]*Orange or Tangerines or Cantaloupe		<p>* Meets Vitamin C requirement **Meets Vitamin A requirement for Department of Aging. ***Meets Vitamin A &amp; C [=] Potassium-rich Lunch meets 1/3 requirement for the Recommended Daily Allowance.</p>	