

Monday	Tuesday	Wednesday	Thursday	Friday
* Meets Vitamin C requirement **Meets Vitamin A requirement for Department of Aging ***Meets Vitamin A & C [=] Potassium-rich [+] High Sodium Lunch meets 1/3 requirement for the Recommended Daily Allowance. Menu is subject to change without notice			Beef and Bean Chili 1 (Ground Beef, Beans, Peppers, Tomato) Cornbread Muffin **Carrots w/Herbs Mesculn Salad Mix w/Cucumber Tapioca or Rice Pudding *[=]Orange Juice	Baked Fish w/Herb Crust 2 w/Tartar Sauce Minestrone Soup Barley Pilaf w/Parsley [=]Harvard Beets ***Broccoli Salad [broccoli, raisins, onions] Fresh Peach or Unsweetened Canned Peach
Chicken Picatta 5 w/Lemon Sauce WG Penne Pasta **Carrots & Zucchini w/Herbs Waldorf Salad [Apple, Celery, Raisins] Mixed Fresh Fruit Cup *[=]Orange Juice	Stuffed Bell Pepper 6 (Ground Beef) Whole Grain Roll [=]Garlic Mashed Potatoes ***[=]Mixed Salad w/Kale, Spinach, Brussels Sprouts and Mango Vanilla Poached Pear	Soft Fish Taco w/Salsa 7 Albondogas Soup Warm Flour Tortilla [=]LS Pinto Beans *Shredded Cabbage w/Mixed Greens & [=]Tomato [=]Flan or Vanilla Pudding	Chicken Dijon 8 Brown Rice Pilaf **Steamed Broccoli *[=]Beet w/Mandarin Orange Salad [=]Banana	Vegetable Lasagna 9 w/LS Tomato Sauce (Cottage Cheese, egg, Mozzarella) (Spinach, Mushroom, Zucchini) Lasagna Noodles Split Peas Soup Mesculn Salad Mix w/Cucumber, Celery [=]Mango & Pineapple
Baked Salmon 12 w/Dill or Citrus Sauce [=]Tomato Basil Soup Brown Rice Peas and Onions ***Broccoli Salad [=]Vanilla Pudding	Moroccan Style 13 Chicken Breast Pita Bread **Ginger Carrots Mesculn Salad Mix w/Chickpeas, Radish Apple or Cinnamon Applesauce *[=]Orange Juice	Spaghetti 14 w/Meatballs (Ground Beef) [=]Lentil Soup WG Pasta Italian Vegetable Blend (Cauliflower, Ital. Beans, Zucchini) Caesar Salad w/Romaine, Croutons, Parmesan ***Cantaloupe or **[=]Tangerine	Tarragon Turkey Stew 15 (w/Mixed Vegetables, mushrooms, peas, carrots) Biscuit ***[=]Spinach Salad w/Shredded Brussels Sprouts, Bell Pepper, Cucumber Fresh Fruit Cup	St. Patrick's Day Menu 16 Corned Beef [+] Rye Bread [=] Red Potatoes Steamed Cabbage Carrots** [=]Vanilla Pudding [=]*Orange Juice 
Roast LS Turkey Breast 19 w/LS Sauce Whole Grain Bread Stuffing **[=] Fresh Whole Sweet Potato or Yam Green Beans w/Mushrooms & Herbs Waldorf Salad (Apples & Celery) *[=]Orange Juice	Baked or Breaded 20 White Fish w/Tartar Vegetable Beef Soup Barley/Bulgur Pilaf [=]Harvard Beets Mixed Salad Greens w/Tomato & Cucumber [=]Tangerine	BBQ Chicken 21 Corn Muffin [=]Roasted Red Potato w/Olive Oil ***[=]Spinach Salad w/Mandarin Oranges [=]Lemon Pudding	LS Beef Vegetable Stir Fry 22 (celery, onions, broccoli, bamboo shoots) [=]Red Bean Ginger Soup Jasmine Brown Rice *Coleslaw [red & green cabbage] [=]Banana	Meatloaf (Ground Turkey) 23 w/LS Mushroom Sauce Whole Grain Bread [=]Sage Mashed Potatoes **Carrots & Green Peas *[=]Cantaloupe or Orange or Tangerine
Caribbean Chicken 26 w/LS Sauce w/black beans [=] Brown Rice Corn ***[=]Mixed Salad w/Kale, Shredded Brussels Sprouts, Lettuce, Spinach Fresh Peach, Pear or Grapes	Turkey Cheese Burger 27 (lettuce, tomato) [=]Mushroom Soup Whole Grain Bun [=]Potato Salad ***Broccoli Salad [broccoli, raisins, red onion] [=]Chocolate Pudding	Tuna Salad Cold Plate 28 [=]Butternut Squash Soup Whole Grain Roll ***Carrot, Apple, Bell Pepper & Celery Salad Mixed Salad Greens w/Cucumber & Tomato [=] Banana	Spaghetti 29 w/Meatballs (Ground Beef) Zucchini & Cauliflower/w Herbs Caesar Salad w/Romaine, Croutons, Parmesan Apple or Applesauce *[=]Orange Juice	Cesar Chavez Menu 30 Chicken Mole Spanish Rice Flour Tortilla Peas & Carrots** Tomato Cucumber Salad [=]Flan [=]*Orange Juice 

