



Monday	Tuesday	Wednesday	Thursday	Friday
<p>* 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.</p>		<p>1 Enchilada Casserole Assorted Salad Greens with Apple and Celery, [=]Pinto Beans, Vanilla Sliced/Diced Pear, [=]Orange Juice*</p>	<p>2 Chicken Piccata w/Lemon Sauce Penne Pasta w/Lemon Sauce, Mixed Salad, [=]**Sauté Spinach, *Fruited Gelatin w/Pineapple & Mandarin</p>	<p>3 Asian Turkey w/Orange Sauce Mushroom Soup Whole Grain Bread, *Creamy Coleslaw, **Broccoli, [=] Banana</p>
<p>6 Rotisserie Chicken [=]Bean Soup Whole Grain Bread, [=]Harvard Beets, Romaine Lettuce Salad w/Shredded Carrots & Cucumber, [=]*Orange or Tangerines or Cantaloupe</p>	<p>7 BBQ Beef Wheat Bun, Assorted Salad Greens w/Carrot, Apple & Celery, **Whipped Sweet Potato, [=]Vanilla Pudding, [=]*Orange Juice</p>	<p>8 Turkey Bolognese w/Penne Pasta [=]***Mixed Salad w/Shredded Cabbage & Brussels Sprouts, Spinach, Green Beans w/Mushrooms, Apple or Applesauce</p>	<p>9 Vegetarian Chili Whole Grain Bread, Carrot Raisin Salad**, Broccoli**, [=]Banana, [=]*Orange Juice</p>	<p>10 Chicken & Vegetable Curry Stew Brown Rice, Mixed Salad Greens w/ Romaine, Leaf lettuce & Tomatoes, Cauliflower & Peas, *Fruit Cup Pineapple, Orange and Melon</p>
<p>13 Swedish Meatballs w/Low Sodium Gravy Tarragon Noodles, Mesclun Salad w/Romaine, Apple & Celery, Corn & Lima Beans, [=]*Fruited Gelatin w/Mandarin Orange</p>	<p>14 Hawaiian Chicken Brown Rice Pilaf, Mixed Green Salad, ** Ginger Carrots, [=]*Orange or Tangerines or Cantaloupe</p>	<p>15 Baked Breaded Fish w/Tartar sauce Vegetable/Lentil Soup Whole Grain Bread, *coleslaw - Red & Green Cabbage, Whipped Butternut Squash, Yam or Sweet Potato**, Fresh Peach or Unsweetened</p>	<p>16 Chicken Carnitas Vegetable Soup Flour or Corn Tortilla, ***Spinach Salad w/Mandarin Orange, [=]Black Beans, [=]Tapioca Pudding</p>	<p>17 St. Patrick's Day Menu  Corned Beef Rye Bread, Steamed Cabbage [=]Vegetables in entree, Apple Crisp w/Oat Crumble, [=]*Orange Juice  </p>
<p>20 Rosemary Garlic Chicken Lemon Orzo Soup Whole Grain Bread, *coleslaw w/Shredded Cabbage & Brussels Sprouts, **Sweet Potatoes, Apple</p>	<p>21 Beef Stroganoff Parsley Noodles, Romaine Salad, Green Beans w/Olive Oil, Ginger Sliced/Diced Pear, [=]*Orange Juice</p>	<p>22 Chicken & Broccoli Casserole Whole Grain Bread, ***[=]Spinach & Cabbage Salad w/Cucumbers, Tomato & Bell Pepper, Fruited Gelatin w/Mixed Fruit</p>	<p>23 Spaghetti & Meatballs Pasta w/low sodium Tomato Sauce, Mixed Green Salad, **Carrots, Cauliflower, Zucchini, *Orange or Tangerines or Cantaloupe</p>	<p>24 Baked Fish w/ Vegetables & Lemon Sauce [=]Navy Bean & Vegetable Soup Whole Grain Bread, *Beet & Onion Salad w/Mandarin Oranges, **Spinach Sauté w/Garlic, Fresh Fruit Cup - Assorted Fruit in Season</p>
<p>27 Meatloaf w/ low sodium Sauce, Whole Grain Bread, Romaine Salad, **Mixed Vegetables, [=]*Orange or Tangerines or Cantaloupe</p>	<p>28 Chicken Cacciatore Vegetable Soup Whole Grain Bread, [=]***Spinach Salad w/ Shredded Cabbage & Mandarin Orange, **Broccoli, [=]Banana</p>	<p>29 Sloppy Joe Wheat Bun, **Carrot Raisin Salad, Peas & Corn, [=]Chocolate Pudding, *Orange Juice</p>	<p>30 Baked Breaded Fish w/tartar sauce [=]Split Pea Soup Whole Grain Bread, *Red & Green Coleslaw, **Butternut Squash or Mashed Yam/Sweet Potato, Fresh Peach or Unsweetened Canned</p>	<p>31 Chicken Chili Brown Rice, Mixed Salad Greens, Oatmeal Cookie, [=]*Orange Juice</p>