

Monday	Tuesday	Wednesday	Thursday	Friday
* 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			Baked Fish 1 (w/Dill or Lemon Sauce) LS Tomato Basil Soup Brown Rice **Butternut Squash ***Broccoli Salad w/raisin, red onion Apple or Cinnamon Applesauce	Santa Fe Chicken 2 Whole Grain Bread Assorted Salad Greens w/ Cucumber & Celery Roasted Corn [=]Banana [=]*Orange Juice
Roast LS Turkey Breast 5 w/LS sauce Whole Grain Stuffing **[=] Fresh Whole Sweet Potato or Yam Breen Beans w/Mushrooms & Herbs Waldorf Salad (Apples & Celery) *[=]Orange Juice	Baked or Breaded 6 White Fish w/Tartar Vegetable Beef Soup Barley/Bulgur Pilaf [=]Harvard Beets Mixed Salad Greens w/Tomato & Cucumber [=]Tangerine	7 BBQ Chicken Corn Muffin [=]Roasted Red Potato w/Olive Oil ***[=]Spinach Salad w/Mandarin Oranges [=]Lemon Pudding	LS Beef Vegetable Stir Fry 8 (celery, onions, broccoli, bamboo shoots) [=]Red Bean Ginger Soup Jasmine Brown Rice *Coleslaw [red & green cabbage] [=]Banana	9 Meatloaf (Ground Turkey) w/LS Mushroom Sauce Whole Grain Bread [=]Sage Mashed Potatoes **Carrots & Green Peas *[=]Cantaloupe or Orange or Tangerine
Caribbean Chicken 12 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 13 (lettuce, tomato) [=]Mushroom Soup Whole Grain Bun [=]Potato Salad ***Broccoli Salad [broccoli, raisins, red onion] [=]Chocolate Pudding	Valentine's Day Menu 14 Chicken a la Orange Rice Pilaf Wheat Roll Peas & Carrots** Coleslaw* White Cake w/Strawberry Grape Juice 	Tuna Salad Cold Plate 15 [=]Butternut Squash Soup Whole Grain ***Carrot, Apple, Bell Pepper & Celery Salad Mixed Salad Greens w/Cucumber & Tomato [=] Banana	Presidents Day Menu 16 Hamburger (lettuce, tomato, onion) Bun [=]Potato Salad **Broccoli Raisin Salad Cherry Gelatin w/Pineapple *[=]Orange Juice
Presidents Day 19 Closed 	20 Beef Fajita [peppers, onions] Corn Chowder Soup Warm Flour Tortilla [=]LS Pinto Beans ** Carrot, Raisin Salad *[=]Tangerine	21 [=]Mandarin Orange Chicken Jasmine Brown Rice Pilaf Green Beans w/Mushrooms, Water chestnuts, Onions *Coleslaw [Red & Green Cabbage] Apple/Pear	Baked Fish OR Spinach Quiche 22 Vegetable Soup Whole Grain Roll **[=]Fresh Baked Sweet Potato or Yam Greens Salad w/Tomato, Radish *[=]Pineapple and Mango Cup	23 Chicken Cacciatore w/LS Tomato Sauce Baked Ziti [=]Roasted Brussels Sprouts **Carrots & Zucchini w/Herbs Oatmeal Cookie *[=]Orange Juice
26 Beef Tips w/Mushrooms w/LS Mushroom Sauce [=]Potato Leek Soup Whole Grain Bread Whipped Cauliflower Peas w/Onions *[=]Cantaloupe or Orange	27 Oven Fried Chicken Macaroni & Cheese Green Beans w/Olive Oil & Herbs **[=]Fresh Baked Sweet Potato [=]Banana *[=]Orange Juice	28 Turkey & Curry Vegetables [celery, corn, peas, turnips] Whole Grain Roll [=]Rosemary Potatoes Mixed Green Salad w/Tomato, Radish *[=]Tangerine	Notes:	