

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Department of Aging Requirements: Lunch meets 1/3 requirement for the Recommended Daily Allowance. * Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C [=] Potassium-rich</p>		<p>Low-Fat Milk (8oz) is included daily. Suggested voluntary contribution - \$3.00 per meal. Menu is subject to change without notice.</p>			
<p>Savory Beef Stew <u>2</u> (Beef Cubes, Carrots, Celery, Onion**) Mashed Potatoes Herbed Brussel Sprouts Fresh Fruit in Season * [=] Orange Juice Whole Grain Roll Oatmeal Cookie</p>	<p>Enchilada Casserole <u>3</u> LS Salsa Verde (Ground Turkey w/Cheese Garnish, Green Sauce, Corn Tortilla in Entrée) LS Black Beans Mesclun Salad Mix *Kiwi Spanish Brown Rice</p>	<p>Baked Pollack w/Lemon Sauce <u>4</u> L/S Lentil Soup Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf</p>	<p>BBQ Chicken w/LS Sauce <u>5</u> *Tri-Color Coleslaw Canned Pear in Juice OR Melon Macaroni w/Cheese Whole Grain Roll</p>	<p>Open Face Hot Turkey Sandwich w/gravy <u>6</u> L/S Chicken Soup Green Beans **Spinach Salad w/Shredded Cabbage *Orange Whole Grain Bread</p>	
<p>Vegetarian Chili <u>9</u> (LS Pinto & Kidney Beans, LS Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread</p>	<p>Hawaiian Chicken Breast <u>10</u> (L/S Sauce, Water Chestnuts, Mushrooms, Pineapple Garnish) Mesclun Salad *Cantaloupe or Tangerine Jasmine Brown Rice or Brown Rice</p>	<p>Turkey Milanese w/LS Red Sauce <u>11</u> Zucchini ***Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Banana Whole Grain Linguine Lemon Pudding</p>	<p>Salmon w/Dill Sauce <u>12</u> L/S Split Pea Soup Green Beans LS Beet Salad *Orange Whole Grain Roll</p>	<p>Valentine's Day Menu <u>13</u> Chicken a la Orange Peas & Carrots** Coleslaw* Grape Juice Brown Rice Pilaf Whole Grain Roll White Cake w/Strawberries</p> 	
<p>Presidents' Day <u>16</u></p> 	<p>President's Day Menu <u>17</u> Hamburger (Ground Turkey) (Lettuce, Tomato, Onion) Whole Grain Bun [=] Potato Salad **Broccoli * [=] Orange Juice Cherry Gelatin w/Pineapple</p>	<p>Beef Fajita (Strips) <u>18</u> (Peppers & Onions) LS Pinto Beans Tossed Green Salad *Cantaloupe or Tangerine Whole Grain Warm Tortilla</p>	<p>LS Roast Turkey Breast <u>19</u> w/LS Gravy **Fresh Baked Yam or Sweet Potato Herbed Brussel Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread</p>	<p>Baked Fish <u>20</u> Corn Chowder Soup Herb Roasted Potatoes *Creamy Coleslaw Baked Apple or Unsweetened Applesauce Whole Grain Roll</p>	
<p>Korean BBQ (Beef) <u>23</u> w/LS Korean BBQ sauce Herb Zucchini ***Broccoli Salad w/sliced Radish Pineapple (in own juice) Herbed Brown Rice</p>	<p>Fish Vera Cruz <u>24</u> LS Garden Vegetable Soup LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread or Warm Grain Tortilla</p>	<p>Chicken Dijon <u>25</u> LS Tomato Basil Soup Green Beans ***Chopped Salad W/Kale, Lettuce, Cucumber, Carrots Fresh or Unsweetened Peach Whole Grain Roll</p>	<p>Stuffed Bell Pepper <u>26</u> (Ground Beef, Barley in Entrée) Green Peas Romaine Salad w/Tomato *Orange or Tangerine Dinner Roll Oatmeal Cookie</p>	<p>Vegetarian Paella <u>27</u> (LS Garbanzo Beans, Tomato & Red Pepper, Brown Rice in entrée) Broccoli **Spinach Salad *Mango</p>	