

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breaded Baked Fish <u>2</u> w/Tartar Sauce L/S Butternut Squash or Pumpkin Soup **Yam or Sweet Potato *L/S Beet & Mandarin Orange Salad Fresh or Unsweetened Peaches OR Plum Whole Grain Bread</p>	<p>House Made Meatloaf <u>3</u> w/Gravy (Ground Beef) Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll</p>	<p>Turkey Vegetable Stir-fry <u>4</u> L/S Vegetable Soup Asian Veg. Blend** (Broccoli, Bamboo Shoots, Water Chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame dressing Poached Ginger Pear <u>or</u> unsweetened canned Lo Mein Noodles Whole Grain Bread</p>	<p>Caribbean Chicken <u>5</u> L/S Red Beans **Mesclun Salad w/Shredded Carrots *Kiwi Brown Rice Pilaf</p>	<p>Lent Menu <u>6</u> Tuna Salad L/S Garden Herb Veg. Soup **Spinach Salad w/Shredded Cabbage & Dried Cranberries Potato Salad *Orange Juice Whole Grain Roll</p>
<p>Chicken Adobo <u>9</u> Green Peas ***Marinated Bell Pepper & Tomato Fresh or Unsweetened Pear or Peach Spanish Brown Rice</p>	<p>Quiche <u>10</u> (Eggs, Tofu, Spinach, Mushrooms, Cheese Garnish) L/S Italian Wedding Soup **Broccoli Caesar Salad w/Caesar Drsg. *Orange Whole Grain Bread</p>	<p>Shepherd's Pie <u>11</u> (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll</p>	<p>Arroz con Pollo <u>12</u> (Brown Rice in entrée) L/S Pinto Beans *Shredded Cabbage, Mixed Salad Greens & Radish Apple</p>	<p>Baked Fish Almandine <u>13</u> L/S Mushroom Soup Green Beans w/Herbs ***Spinach Salad w/Kale, Cucumber, Mandarin Orange Barley w/Herbs Yogurt Parfait w/Berries</p>
<p>Savory Beef Stew <u>16</u> (Beef Cubes, Carrots, Celery, Onion**) Mashed Potatoes Herbed Brussel Sprouts Fresh Fruit in Season * [=] Orange Juice Whole Grain Roll Oatmeal Cookie</p>	<p>St. Patrick's Day Menu <u>17</u> Corn Beef [+] High Sodium [=] Red Potatoes Steamed Cabbage **Carrots Kiwi <u>or</u> Grapes * [=] Orange Juice Whole Rye Bread Vanilla Pudding</p> 	<p>Baked Pollack w/Lemon Sauce <u>18</u> L/S Lentil Soup Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf</p>	<p>BBQ Chicken w/L/S Sauce <u>19</u> *Tri-Color Coleslaw Canned Pear in Juice <u>or</u> Melon Macaroni w/Cheese Whole Grain Roll</p>	<p>Lent Menu <u>20</u> Vegetarian Frittata (Eggs, Tofu, Mushrooms, Onions, Cheese Garnish) Green Beans **Spinach Salad, Shredded Cabbage *Orange Whole Grain Roll</p> 
<p>Vegetarian Chili <u>23</u> (L/S Pinto & Kidney Beans, L/S Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread</p>	<p>Hawaiian Chicken Breast <u>24</u> (L/S Sauce, Water Chestnuts, Mushrooms, Pineapple Garnish) Mesclun Salad *Cantaloupe <u>or</u> Tangerine Jasmine Brown Rice <u>or</u> Brown Rice</p>	<p>Turkey Milanese w/L/S Red Sauce <u>25</u> Zucchini ***Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Banana Whole Grain Linguine Lemon Pudding</p>	<p>Asian Beef Stir Fry <u>26</u> Hot & Sour Soup Mixed Asian Vegetables** (Broccoli, Bell peppers, Onions) **Carrot Raisin Salad *Kiwi Brown Rice</p>	<p>Salmon w/Dill Sauce <u>27</u> L/S Split Pea Soup Green Beans L/S Beet Salad *Orange Whole Grain Roll</p>
<p>Cesar Chavez Menu <u>30</u> Chicken Mole **Peas & Carrots Tomato Cucumber Salad Fresh Fruit * [=] Orange Juice Spanish Brown Rice Warm Flour Tortilla Flan w/Cinnamon</p> 	<p>Spaghetti w/Meat Sauce <u>31</u> (Ground Turkey, L/S Tomato) L/S Mushroom Soup Green Beans ***Chopped Salad w/Kale Fresh <u>or</u> Unsweetened Pear <u>or</u> Peach Whole Grain Spaghetti Chocolate Pudding</p>	<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 [+] High Sodium</p> 		<p>Low-Fat Milk (8oz) is included daily. Suggested donation - \$3.00 per meal. Menu is subject to change without notice.</p>