

Monday	Tuesday	Wednesday	Thursday	Friday
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 Suggested Donation-\$3.00 per meal - Lunch service begins @ 11:45 Menu is subject to change without notice				
Roast LS Turkey Breast 3 WG Bread Stuffing w/herbs **[=]Fresh Whole Yam or Sweet Potato Romaine Salad w/radishes [=]Fresh Peach or Pear *[=]Orange Juice	Breaded White Fish 4 w/Tartar Sauce <i>LS Potato Leek Soup</i> Whole Grain Dinner Roll Green Beans with Herbs & Olive Oil [=]LS Beet Salad w/Orange Chocolate Pudding	SW Shredded Chicken 5 Corn Tortilla LS Pinto Beans *Shredded Cabbage, Tomato w/cilantro, w/1000 island dressing [=]Fresh Fruit Cup	Beef Vegetable Stir Fry 6 w/LS Ginger Sauce (celery, onions, broccoli, bamboo shoots)- in Entrée <i>[=]LS Red Bean Ginger Soup</i> Jasmine Brown Rice ***Spinach Salad w/Mandarin Orange & LS Asian dressing [=]Banana	Meatloaf 7 Ground Turkey w/LS Mushroom Sauce Whole Grain Roll [=]Sage Mashed Potatoes w/LS Gravy **Carrots & Green Peas *[=] Cantaloupe or Orange or Tangerine
Caribbean Chicken 10 <i>LS Vegetable Black Bean Soup</i> Brown Rice Corn ***[=] Mixed Salad w/Kale, Shredded Brussels Sprouts, Lettuce, Spinach Apple or Applesauce	Turkey Bolognese 11 Whole Grain Penne Pasta Herbed Zucchini & Cauliflower w/Olive Oil Caesar Salad w/Romaine, Croutons, Parmesan, w/Caesar dressing Fresh Peach, Pear or Grapes *[=]Orange Juice	Baked Herb Fish 12 w/Tartar Sauce <i>Albondigas Soup</i> Whole Grain Roll or Bun **Whipped Sweet Potato or Yam ***Broccoli Salad [broccoli, raisins, red onion] [=]Lemon Pudding	Enchilada Casserole 13 (Ground Beef, Jack Cheese) Corn Tortilla in Entrée LS Pinto Beans Mesclun Salad Mix w/Cilantro dressing *[=]Fruit Cup w/Mandarin, Pineapple and Mango	Valentines Day Menu 14 Chicken a la Orange Brown Rice Pilaf Wheat Roll Peas & Carrots**  Coleslaw* White Cake w/Strawberries Grape Juice
17 Closed PRESIDENTS DAY	Presidents' Day Menu 18 BBQ Beef Whole Grain Roll [=]Potato Salad **Broccoli Cherry Pie or Cobbler [=]Orange Juice*	Garlic Roasted Chicken 19 Whole Grain Noodles w/Herbs Whipped Cauliflower *Coleslaw (red & green cabbage) Banana	Spinach Quiche 20 (Swiss Cheese, Eggs, Spinach) <i>[=]LS Corn Chowder</i> Whole Grain Roll **[=]Fresh Baked Yam Green Salad w/Tomato, Radish w/1000 Island dressing *[=]Fruit Cup w/Pineapple and Mango	Chicken Cacciatore 21 w/LS Tomato Sauce <i>[=]LS Lentil Soup</i> Whole Grain Baked Ziti ***Carrots & Zucchini w/Herbs *Mixed Salad Greens w/Brussels Sprouts, Bell Pepper Apple
Swedish Meatballs 24 Ground Beef w/LS Sauce Whole Grain Tarragon Noodles *[=]LS Beet w/Mandarin Orange Peas w/Onions Fresh Fruit in Season	Oven Fried Chicken 25 <i>LS Vegetable Barley Soup</i> Macaroni & Cheese **[=]Fresh Baked Sweet Potato *Coleslaw w/Pineapple [=] Banana	Turkey Chow Mein 26 Vegetable in entrée (celery, onions, bamboo shoots, water chestnuts, mushrooms) Jasmine Brown Rice Mixed Green Salad w/Tomato, Radish Tangerine or Tangelo	Cheeseburger 27 (Lettuce, Tomato, Onions) Whole Grain Bun [=] Oven Roasted Red Potato **Carrot Raisin Salad Tapioca or Rice Pudding *[=]Orange Juice	Baked Salmon 28 w/Dill Sauce <i>LS Split Pea Soup</i> Whole Grain Roll Whipped Cauliflower ***Spinach Salad w/Mandarin Orange w/Ranch or French dressing Fresh Peach or Pear