

Monday	Tuesday	Wednesday	Thursday	Friday
Department of Aging requirements * Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C [=] Potassium-rich [=] High Sodium over 1000 mg Lunch meets 1/3 requirement for the Recommended Daily Allowance. Menu is subject to change without notice Suggested Donation - \$3.00 per meal		NOTES		Roast LS Turkey Breast 1 w/LS gravy Whole Grain Bread Stuffing Roasted Brussels Sprouts **[=] Fresh Baked Sweet Potato or Yam Chocolate Chip Cookie *=[=]Orange Juice
Spinach Quiche 4 (w/Eggs, Swiss Cheese, Spinach) <i>Hearty Vegetable Soup</i> Barley Pilaf w/Herbs Green Beans w/Almonds ***Broccoli Salad [broccoli, raisins, red onion] Apple or Applesauce	Chicken Milanese 5 Linguine w/LS Marinara Sauce Cauliflower & Zucchini Caesar Salad w/Romaine, Croutons, Parmesan Mango & Pineapple	Turkey Tarragon Stew 6 Mixed Vegetables in Entrée (mushrooms, peas, carrots)** Biscuit Mixed Salad Greens Lemon Pudding *=[=]Orange Juice	Asian Beef Pepper Steak 7 Brown Rice **Mixed Asian Vegetables [broccoli, bamboo shoots, bell peppers, onions] *Beet Salad w/Mandarin Oranges Fresh Peach or Fresh Pear	Southwest Shredded 8 Chicken <i>Corn Chowder</i> Warm Tortilla LS Pinto Beans *Shredded Cabbage w/Tomato Banana
11 Turkey Vegetable Stir Fry (celery, onions, mushrooms) Jasmine Brown Rice Vegetable in Entrée **Carrot, Bell Pepper Salad *=[=]Orange	12 Tuna Salad Cold Plate (Celery, Onion) <i>Split Pea Soup</i> Whole Grain Roll Herbed Potato Salad *Red & Green Coleslaw Banana	13 Beef Enchilada Casserole (w/Ground Beef, Jack Cheese, LS Sauce) Corn Tortilla in Entrée Green Beans w/Mushrooms Mesclun Salad Mix *=[=]Fruit Cup w/Mandarin, Pineapple and Mango	14 Valentine's Day Menu Chicken a la Orange Rice Pilaf Peas & Carrots** Coleslaw* White Cake w/Strawberry Grape Juice ♥HAPPY Valentine's DAY♥	15 Presidents' Day Menu Hamburger (lettuce, tomato, onion) [=]Potato Salad **Broccoli Raisin Salad Cherry Gelatin w/Pineapple [=]Orange Juice*
	18 Beef Tips w/LS Mushroom Sauce <i>Vegetable Soup</i> Noodles w/Herbs **Carrots and Zucchini Mesclun Salad Mix w/Cucumber ***Cantaloupe OR **=[=] Orange OR Tangerine	20 Stuffed Bell Pepper (Ground Turkey) Whole Grain Roll Whipped Cauliflower Romaine Salad w/Tomato Chocolate Pudding *=[=]Orange Juice	21 Baked Fish w/Herb Crust or Breaded Fish <i>Potato Leek Soup</i> Barley Pilaf w/Parsley **Broccoli *Coleslaw Fresh Fruit Cup	22 Cashew Chicken Breast [=]Red Bean <i>Ginger Soup</i> Jasmine Brown Rice Green Beans w/Mushrooms *=[=]Beet Salad w/Mandarin Oranges Apple or Applesauce
25 Beef Fajita [peppers, onions] <i>Albondigas Soup</i> Warm Flour Tortilla [=]LS Pinto Beans Mesclun Mix Salad, Carrots ***Cantaloupe OR [=]*Orange OR Tangerine	26 Santa Fe Chicken Brown Rice Pilaf Green Beans w/Pimento Roasted Corn Oatmeal Cookie [=]*Orange Juice	27 Hamburger (lettuce, tomato, onion) [=]Tomato <i>Basil Soup</i> Whole Grain Bun [=]Baked Potato Wedges *Red and Green Coleslaw Banana	28 Caribbean Chicken W/LS Black Bean Sauce Whole Grain Roll Green Peas w/Onions ***Carrot, Apple, Bell Pepper, Celery Salad Grapes or Pear	