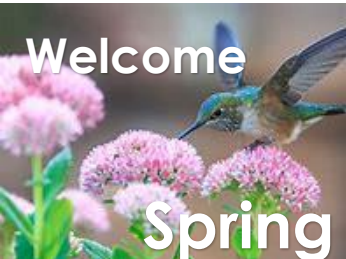


Monday	Tuesday	Wednesday	Thursday	Friday	
Cashew Chicken 2 <i>LS Egg Drop Soup</i> Jasmine Brown Rice **Carrots & Zucchini w/Herbs *Coleslaw Mixed Fresh Fruit Cup	Stuffed Bell Pepper 3 Ground Beef w/LS Tomato Sauce Rye Bread **Broccoli Crowns ***[=]Mixed Salad w/Kale, Brussels Sprouts & Mango [=]Vanilla Pudding	Baked Fish 4 w/Cilantro Sauce <i>LS Butternut Squash Soup</i> Vegetable Barley Pilaf Peas and Onions **[=]Spinach Salad w/Tomato, Vinaigrette Drssg. *[-]Orange	Chicken Dijon 5 Brown Rice Pilaf Green Beans w/Olive Oil *[-]LS Beet w/Mandarin Orange Salad Fresh Fruit in season	Vegetable Lasagna 6 (Cottage cheese, egg, mozzarella) [=]LS Minestrone Soup Noodles & vegetables – in Entrée (spinach, zucchini & mushrooms) Whole Grain Roll Mesclun Salad Mix w/Cucumber, Celery, Italian dressing [-]Mango & Pineapple	
Fish w/Lemon sauce 9 [=]LS Tomato Basil Soup Whole Grain Roll **Broccoli **Spinach Salad w/Cucumber, Vinaigrette dressing *[-]Orange or Strawberries	Tandoori Style Chicken 10 w/LS Sauce Pita Bread Brown Rice **Ginger Carrots Mesclun Salad Mix w/LS Chickpeas, Radish, Ranch dressing [-]Banana *[-]Orange Juice	Spaghetti w/Meatballs 11 Ground Beef w/LS Tomato Sauce Whole Grain Pasta Italian Vegetable Blend (cauliflower, Italian beans, zucchini) Caesar Salad w/Romaine, Croutons, Parmesan ***Cantaloupe or Tangerine	Tarragon Turkey Stew 12 (mushrooms, peas, carrots, barley) vegetables in Entrée Biscuit *[-]Green Salad (lettuce, shredded Brussels sprouts, bell pepper, cucumber), Italian dressing Fresh Fruit Cup	Vegetable Quiche 13 (Swiss Cheese, Spinach, Mushroom) Tortilla Soup Whole Grain Roll LS Black-Eyed Peas ***Cabbage Kale Salad w/celery, 1000 Island dressing Apple or Applesauce	
Roast LS Turkey Breast 16 WG Bread Stuffing w/herbs **[=]Fresh Whole Yam or Sweet Potato Romaine Salad w/radishes [=]Fresh Peach or Pear *[-]Orange Juice	St. Patrick's Day Menu 17 Corned Beef (+) Rye Bread (=)Red Potatoes Steamed Cabbage Carrots** Vanilla Pudding *[-]Orange Juice	SW Shredded Chicken 18 Corn Tortilla LS Pinto Beans *Shredded Cabbage, Tomato w/cilantro, w/1000 island dressing [=]Fresh Fruit Cup	Beef Vegetable Stir Fry 19 w/LS Ginger Sauce (celery, onions, broccoli, bamboo shoots)- in Entrée [=]LS Red Bean Ginger Soup Jasmine Brown Rice ***Spinach Salad w/Mandarin Orange & LS Asian dressing [-]Banana	Baked Ziti 20 (Cottage cheese, egg, mozzarella) Whole Grain Roll **Carrots & Green Peas Mixed Green Salad w/Italian dressing *Cantaloupe or Orange	
***March 17 th – World Social Work Day - Give a shout out to social workers in your community.					
Caribbean Chicken 23 LS Vegetable Black Bean Soup Brown Rice Corn ***[=] Mixed Salad w/Kale, Shredded Brussels Sprouts, Lettuce, Spinach Apple or Applesauce	Turkey Bolognese 24 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 25 w/Tartar Sauce Albondigas Soup Whole Grain Roll **Whipped Sweet Potato or Yam ***Broccoli Salad [broccoli, raisins, red onion] [=]Lemon Pudding	Chicken Adobo 26 w/LS Sauce Whole Grain Roll Barley w/Herbs **Carrots w/Fresh Herbs *Coleslaw [red & green cabbage] Fresh Fruit in Season	Cheese Enchilada 27 (Jack Cheese) Corn Tortilla in Entrée LS Pinto Beans Mesclun Salad Mix w/Cilantro dressing *[-]Fruit Cup w/Mandarin, Pineapple and Mango	
Shepherds Pie 30 (Ground Turkey, w/mushrooms, green beans, mashed potatoes) Whole Grain Roll **Broccoli Assorted Salad Greens w/Celery, Apple & Ranch dressing [=]Fresh Pear *[-]Orange Juice	Beef Fajita 31 (w/peppers & onions) Warm Flour Tortilla Spanish Rice (½ brown, ½ white) [=]LS Pinto Beans **Carrot, Raisin Salad *[-]Tangerine or Tangelo				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 Suggested Donation- \$3.00 per meal - Lunch service begins @ 11:45 Menu is subject to change without notice