<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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| Cashew Chicken 2  
LS Egg Drop Soup  
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  
**Cilantro Sauce  
LS Butternut Squash Soup  
Vegetable Barley Pilaf  
Peas and Onions  
***[=]Spinach Salad  
w/Tomato, Vinaigrette Drrssg.  
*[=]Orange Juice | 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  
*[=]LS Sauce  
Pita Bread  
Brown Rice  
**Ginger Carrots  
Mesclun Salad Mix  
w/LS Chickpeas, Radish, Ranch dressing  
*[=]Banana  
*[=]Orange Juice | Spaghetti w/Meatballs 11  
*[=]LS Sauce  
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  
 *[=]LS Sauce  
Corned Beef (+)  
Rye Bread  
*[=]Red Potatoes  
Steamed Cabbage  
Carrots**  
Vanilla Pudding  
*[=]Orange Juice | SW Shredded Chicken 18  
 *[=]LS Sauce  
Corn Tortilla  
LS Pinto Beans  
*Shredded Cabbage, Tomato w/cilantro, w/1000 island dressing  
*[=]Fresh Fruit Cup | Beef Vegetable Stir Fry 19  
*[=]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 |

Caribbean Chicken 23  
LS Vegetable Black Bean Soup  
Brown Rice  
Corp  
***[=]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  
*[=]Tartar Sauce  
Albondigas Soup  
Whole Grain Roll  
**Whipped Sweet Potato w/Herbs  
**Carrots w/Fresh Herbs  
***Broccoli Salad  
[broccoli, raisins, red onion]  
*[=]Lemon Pudding | Chicken Adobo 26  
*[=]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 | Baked Fish 25  
*[=]Tartar Sauce  
Albondigas Soup  
Whole Grain Roll  
**Whipped Sweet Potato w/Herbs  
**Carrots w/Fresh Herbs  
***Broccoli Salad  
[broccoli, raisins, red onion]  
*[=]Lemon Pudding | 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 |

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