



Monday	Tuesday	Wednesday	Thursday	Friday
<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 Suggested donation - \$3.00 per meal. Menu is subject to change without notice.</p>	<p>Closed 1</p> 	<p>Asian Beef Stir Fry 2 Mixed Asian Vegetables** (Broccoli, Bamboo Shoots, Bell Peppers, Onions) LS Beet Salad * [=]Cantaloupe or Tangerine Brown Rice</p>	<p>Vegetarian Chili 3 (LS Pinto & Kidney Beans, Barley, Tomatoes, Cheese garnish) **Herb Roasted Carrots Mixed Salad Greens Banana * [=] Orange Juice TFF Cornbread</p>	
<p>Spaghetti w/Meat Sauce 6 (Ground Turkey, LS Tomato Sauce) **Broccoli Caesar Salad Fresh Pear or Peach * [=]Orange Juice Whole Grain Spaghetti</p>	<p>Beef Fajita 7 (Beef Strips, Peppers & Onions) LS Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Whole Grain Warm Tortilla</p>	<p>Mediterranean Chicken 8 **Roasted Vegetables (Carrots, Onions, Peppers, Tomatoes) LS Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread</p>	<p>Tuna Salad Cold Plate 9 (Tuna, w/Celery & Onion) Herbed Potato Salad *Creamy Coleslaw Baked Apple or Applesauce Whole Grain Roll</p>	<p>LS Roast Turkey Breast 10 w/LS Gravy Cranberry Sauce **Fresh Baked Yam or Sweet Potato **Spinach Salad *Kiwi or Orange Whole Grain Stuffing Lemon Pudding</p>
<p>Fish Creole 13 LS Red Beans *Creamy Coleslaw Pear or Plum Warm Whole Grain Tortilla</p>	<p>Chicken Dijon 14 Herb Zucchini & Green Beans ***Chopped Salad w/Kale, Lettuce, Cucumber, Carrots Fresh Fruit in Season Whole Grain Roll</p>	<p>Stuffed Bell Pepper 15 (Ground Turkey, Barley) Mixed Vegetables Romaine Salad w/Tomatoes Apple * [=]Orange Juice Dinner Roll</p>	<p>Tuscan Bean Stew 16 (LS Beans, Mushrooms, Carrots, Celery) Roasted Cauliflower **Spinach Salad *Orange Whole Grain Roll</p>	<p>MLK Jr. Day Menu 17 Oven Fried Chicken [=]Seasoned Greens or Spinach** Whipped Turnips Tossed Green Salad Fresh Fruit in season * [=]Orange Juice Corn Bread or Whole Grain Roll Rice Pudding</p>
<p>Closed 20</p> 	<p>Turkey Vegetable Stir-Fry 21 (LS Turkey, Broccoli, Bamboo Shoots, Water chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Lo Mein Noodles Whole Grain Bread</p>	<p>Caribbean Chicken 22 LS Black Beans Corn ***Carrot, Bell Pepper, Celery Salad Fresh Fruit in Season Brown Rice Pilaf</p>	<p>Bolognese w/ Whole Grain Penne Pasta 23 (Ground Turkey, Tomato sauce) Herbed Zucchini & Yellow Squash Caesar Salad w/Croutons Fruit Cup (Apple & Melon) * [=]Orange Juice</p>	<p>Fish & Chips 24 **Roasted Sweet Potato Wedges *Coleslaw Fresh Peach or Plum Whole Grain Roll or Bread Tapioca Pudding</p>
<p>Southwest Shredded Chicken 27 LS Pinto Beans *Shredded Cabbage, Mixed Salad Greens, Radish Fresh or Unsweetened Peaches or Melon Whole Grain Tortilla</p>	<p>Shepherd's Pie 28 (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll</p>	<p>Baked Fish Almondine 29 Green Beans w/Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber Barley w/Herbs Yogurt Parfait w/Fruit in Dessert (Berries)</p>	<p>Cashew Chicken 30 Green Peas LS Beet & Mandarin Orange Salad* Fresh Fruit in Season Brown Rice</p>	<p>Garden Vegetable Lasagna 31 (2 eggs w/ Tofu OR White Beans (mashed), Ricotta, Zucchini & Mushrooms, Parmesan, Whole Grain Lasagna Pasta) Broccoli** Caesar Salad *Cantaloupe or Orange</p>