



DINING ROOM MENU FOR FEBRUARY 2025

MID-VALLEY / KESTER SENIOR CENTER

Dining Center

818 934-6883

SUBJECT TO CHANGE WITHOUT NOTICE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3)*Orange Juice Open Face Hot Turkey Sandwich Green Beans Mashed Potatoes **Spinach Salad w Shredded Cabbage & Cranberries Vinaigrette Dressing Whole Grain Bread LF Milk FOOD BANK</p>	<p>4) Baked Pollack w/ Lemon See Mixed Veg Blend *** Broccoli Salad WG Roll Or WG Bread Cinnamon Applesauce LF Milk</p>	<p>5) BBQ Chicken ** Yam or Sweet Potato Brown Rice *** Tri Color Coleslaw w/ carrots Peach or Pear LF Milk</p>	<p>6) Tamale Pie Grd Turkey LS Black Beans Mesclun Salad Mix w/ Cilantro Dressing *Pineapple/Mango Fruit Cup or Oatmeal Cookie LF Milk</p>	<p>7) Meatloaf w/ LS Gravy Ground Beef Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange WG Roll LF Milk</p>
<p>10) Chicken Adobo Green Peas Brown Rice Mesclun Salad w/ Garbanzo beans w/ Ranch Dressing * Pineapple & Mango Fruit LF Milk</p>	<p>11) Turkey Milanese w/ Red Sauce Cauliflower, & Zucchini **Carrot Raisin Salad WG linguine *Orange Vanilla Yogurt Parfait</p>	<p>12) Salmon with Dill Sauce Green Beans *** Chopped Mixed Salad w/ spinach, Kale, bell pepper & Italian Dressing Whole Grain Roll Cinnamon Applesauce LF Milk</p>	<p>13) Asian Beef Stir Fry **Mixed Asian Vegetables (Broccoli, bamboo shoots, bell peppers, onions) LS Beet Salad Brown Rice *Cantaloupe OR Tangerine LF Milk</p>	<p>14)  <i>Grape Juice</i> Chicken a la Orange **Peas & Carrots *Coleslaw Brown Rice Pilaf Wheat Roll White Cake w/ Strawberries LF Milk VALENTINE'S DAY</p>
<p>17) CENTER IS CLOSED IN OBSERVANCE OF </p>	<p>18) *Orange Juice Hamburger (Turkey) w/ Lettuce, Tomato, Onion Mustard, Mayo, Ketchup- pkts Potato Salad ** Broccoli Cherry gelatin w/ Pineapple LF Milk</p>	<p>19) Mediterranean Chicken **Roasted Vegetables Lentil Salad w/ Cucumbers & Vinaigrette Drsg Brown Rice Pilaf Pita Bread *Cantaloupe OR Tangerine LF Milk</p>	<p>20) Bake Fish w/Dijon Sauce Herb Roasted Potatoes *Creamy Coleslaw Whole Grain Roll Baked Apple Or Apple Sauce LF Milk</p>	<p>21) Roast Turkey Breast w/Cranberry Sauce **Fresh Baked yam or Sweet Potato ** Spinach Salad w/ French Dressing Whole Grain Stuffing *Kiwi OR Orange Lemon Pudding LF Milk</p>
<p>24) Fish Creole LS Red Beans *Creamy Coleslaw Warm WG Tortilla Pear or Plum LF Milk</p>	<p>25) Chicken Dijon Herb Zucchini & Green Beans ***Chopped Salad w/Kale ,Lettuce, cucumber, Carrots -w/ Vinaigrette drsg Whole Grain Roll Fresh Fruit in Season LF Milk</p>	<p>26) *Orange Juice Stuffed Bell Pepper (Ground Turkey) Mixed Vegetables Romaine Salad w/ Tomatoes 1000 Island Drsg. Dinner Roll Apple OR Red Gelatin Cubes w/ Yogurt LF Milk</p>	<p>27) Tuscan Bean Stew (Beans Mushrooms, Carrots, Celery Sauce) Roasted Cauliflower ** Spinach Salad Ranch Dressing Whole Grain Roll *Orange LF Milk</p>	<p>28) Korean BBQ Sauté Zucchini w/ Sesame Seeds *** Broccoli Salad w/Sliced Radish Herbed Brown Rice Pineapple LF Milk</p>
			<p>LUNCH IS SERVED AT 11:30 A.M to 12:30PM</p>	<p>CYNTHIA PAZ Dining Coordinator SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS</p>