


Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Baked Breaded Fish 1 w/Tartar sauce Vegetable/Lentil Soup Whole Grain Bread, *Coleslaw - Red & Green Cabbage, Whipped Butternut Squash, Yam or Sweet Potato**, Fresh Peach or Unsweetened</p>	<p>2 Chicken Carnitas Vegetable Soup Flour or Corn Tortilla, ***Spinach Salad w/Mandarin Orange, [=]Black Beans, [=]Tapioca Pudding</p>	<p>3 Salisbury Steak Whole Grain Bread, [=]Rosemary Mashed Potatoes, Mixed Vegetables**, [=]Banana, [=]*Orange Juice`</p>
<p>6 Rosemary Garlic Chicken Lemon Orzo Soup Whole Grain Bread, *Coleslaw w/Shredded Cabbage & Brussels Sprouts, **Sweet Potatoes, Apple</p>	<p>7 Beef Stroganoff Parsley Noodles, Romaine Salad, Green Beans w/Olive Oil, Ginger Sliced/Diced Pear, [=]*Orange Juice</p>	<p>8 Chicken & Broccoli Casserole Whole Grain Bread, ***[=]Spinach & Cabbage Salad w/Cucumbers, Tomato & Bell Pepper, Fruited Gelatin w/Mixed Fruit</p>	<p>9 Spaghetti & Meatballs Pasta w/low sodium Tomato Sauce, Mixed Green Salad, **Carrots, Cauliflower, Zucchini, *Orange or Tangerines or Cantaloupe</p>	<p>10 Baked Fish w/ Vegetables & Lemon Sauce [=]Navy Bean & Vegetable Soup Whole Grain Bread, *Beet & Onion Salad w/Mandarin Oranges, **Spinach Sauté w/Garlic, Fruit Cup - Assorted Fruit in Season</p>
<p>13 Meatloaf w/ low sodium Sauce, Whole Grain Bread, Romaine Salad, **Mixed Vegetables, [=]*Orange or Tangerines or Cantaloupe</p>	<p>14 Valentine's Day ❤️ Chicken Breast in Wine Sauce Brown rice Pilaf, Dinner Roll, Garden Salad, [=]Roasted Butternut Squash** with Honey Granola, Chocolate Mousse ❤️❤️❤️❤️❤️❤️</p>	<p>15 Sloppy Joe Wheat Bun, **Carrot Raisin Salad, Peas & Corn, [=]Chocolate Pudding, [=]*Orange Juice</p>	<p>16 Baked Breaded Fish w/tartar sauce [=]Split Pea Soup Whole Grain Bread, *Red & Green Coleslaw, **Butternut Squash or Mashed Yam/Sweet Potato, Fresh Peach or Unsweetened Canned</p>	<p>17 Chicken Chili Brown Rice, Vegetables in entrée, Mixed Salad Greens, Oatmeal Cookie, [=]*Orange Juice</p>
<p>20 </p>	<p>21 Soft Fish Taco Tomato Soup w/ Salsa, Flour or Corn Tortilla, ***Shredded Cabbage, Bell Pepper, Shredded Carrots, Pinto Beans, [=]Lemon Pudding</p>	<p>22 Chicken Adobo Vegetable Brown Rice Pilaf, [=]Beet Salad w/Mandarin Oranges*, Green Bean Medley, [=]Banana</p>	<p>23 Turkey Tarragon Stew Bulgur Wheat, **Stew Vegetables, Mixed Green Salad w/assorted lettuce, * [=]Fruit Cup w/Pineapple, Orange, Melon (mixed)</p>	<p>24 Brisket w/ Caramelized Onions Whole Grain Bread, [=]Mashed Potatoes, Broccoli**, Apple, [=]Orange Juice*</p>
<p>27 Baked Fish w/Vegetables & Lemon Sauce Vegetable Soup Whole Grain Bread, ***Spinach Salad w/ Mandarin Orange, Peas & corn, Butterscotch Pudding</p>	<p>28 Jamaican Jerk Chicken Whole Grain Bread, Mesclun Salad w/Romaine, **Butternut Squash or Yam, [=]*Orange or Tangerines or Cantaloupe</p>	<p>* Meets Vitamin C requirement **Meets Vitamin A requirement for Department of Aging. ***Meets Vitamin A & C [=] Potassium-rich Lunch meets 1/3 requirement for the Recommended Daily Allowance.</p>		