

Monday, February 2

- **Savory Beef Stew**
- Herbed Brussel Sprouts
- Mashed Potatoes
- Fruit

Tuesday, February 3

- **Enchilada Casserole**
- Black Beans
- Mesclun Salad
- Spanish Brown Rice

Wednesday, February 4

- **Baked Pollack**
- Lentil Soup
- Yellow Squash
- Broccoli Salad

Thursday, February 5

- **BBQ Chicken**
- Tri Color Coleslaw
- Macaroni w/ Cheese
- Whole Grain Roll

Friday, February 6

- **Hot Turkey Sandwich**
- Green Beans
- Chicken Soup
- Spinach Salad

Monday, February 9

- **Vegetarian Chili**
- Broccoli
- Mixed Green Salad
- Whole Grain Bread

Tuesday, February 10

- **Hawaiian Chicken Breast**
- Mesclun Salad
- Rice
- Fruit

Wednesday, February 11

- **Turkey Milanese**
- Zucchini
- Chopped Kale Salad
- Whole Grain Linguine

Thursday, February 12

- **Salmon w/ Dill**
- Split Pea Soup
- Green Beans
- Beet Salad

Friday, February 13

VALENTINES DAY MENU

- **Chicken a la Orange**
- Peas & Carrots
- Coleslaw
- Brown Rice Pilaf

Monday, February 16

- **Mediterranean Chicken**
- Tomato Cucumber Salad
- Barley w/ Herbs
- Spinach

Tuesday, February 17

- **Spaghetti w/ Meat Sauce**
- Mushroom Soup
- Chopped Kale Salad
- Green Beans

Wednesday, February 18

- **Beef Fajitas**
- Pinto Beans
- Tossed Green Salad
- Whole Grain Tortilla

Thursday, February 19

- **Roast Turkey Breast**
- Baked Yam
- Herbed Brussel Sprouts
- Pineapple Mango Fruit Cup

Friday, February 20

- **Baked Fish**
- Herbed Potatoes
- Creamy Coleslaw
- Whole Grain Roll

Monday, February 23

- **Korean BBQ**
- Herb Zucchini
- Broccoli Salad
- Herbed Brown Rice

Tuesday, February 24

- **Fish Vera Cruz**
- Black Beans
- Coleslaw
- Vegetable Soup

Wednesday, February 25

- **Chicken Dijon**
- Tomato Basil Soup
- Chopped Kale Salad
- Whole Grain Roll

Thursday, February 26

- **Stuffed Bell Pepper**
- Romaine Salad
- Barley
- Green Peas

Friday, February 27

- **Vegetarian Paella**
- Broccoli
- Spinach Salad
- Fruit

▪ Menu subject to change
▪ \$3 suggested donation

