

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

