

Suggested Donation \$1.25 per meal
 Donations are voluntary and confidential.
 No one will be denied a meal if a donation is not given.
 Guest Meals - \$5.37

Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (<8g), 50-55% Carbohydrate, 15-20% Protein (>35g), 1000mg or less Sodium. Salt and sugar are not added to any recipe. Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tomato Soup Korean BBQ Chicken Leg Stir Fried Rice Sautéed Sugar Snap Peas Whole Grain Dinner Roll Mandarin Oranges Groundhog Day! 	3 Spinach Salad/Ranch LS Ham Steak with Pineapple Tidbits Roasted Diced Sweet Potato Braised Red Cabbage Whole Wheat Roll Fresh Seasonal Fruit	4 Split Pea with Ham Soup Roast Turkey and Cheddar with Lettuce and Tomato 3-Bean Salad <i>mayo/mustard</i> Health Slaw Pumpernickel Bread (2) Fruit Cocktail	5 Antipasto Salad Italian Meatballs Fusilli Marinara <i>Parm Cheese</i> Italian Blend Vegetables Garlic Bread Fresh Seasonal Fruit	6 Lentil Soup Stuffed Cabbage Roasted Diced Potatoes Garlic String Beans Rye Bread Fresh Seasonal Fruit
9 Cream of Broccoli Salisbury Steak with Mushroom Gravy Baked Potato <i>sour cream</i> Peas and Carrots Whole Wheat Bread Fresh Seasonal Fruit	10 Chicken Noodle Soup Chicken Florentine Wild Rice Pilaf Roasted Carrots Multigrain Bread Diced Peaches	11 Caesar Salad <i>dressing</i> Chicken Cordon Bleu Mashed Potatoes Broccoli Florets Italian Bread Fresh Seasonal Fruit	12 Italian Wedding Soup Egg Salad Platter with Spinach Vegetable Pasta Salad Beet and Onion Salad Pumpernickel Bread Diced Pineapple	13 Caprese Salad Chicken Parmesan Rotini Marinara <i>Parm Cheese</i> Sautéed Escarole Garlic Bread Valentine Cupcakes
16 CLOSED 	17 Egg Drop Soup Sesame Chicken Whole Grain Lo Mein Noodles Oriental Vegetables Whole Grain Dinner Roll Mandarin Oranges Fortune Cookie	18 ASH WEDNESDAY Vegetable Soup Cheese Omelet Turkey Sausage Diced Roasted Potatoes Onions and Peppers Blueberry Muffin Fruit Yogurt	19 Carrot and Raisin Slaw Cheeseburger with Lettuce and Tomato <i>mayo/ketchup</i> Baked Beans Red Skin Potato Salad Whole Wheat Bun Ice Cream	20 Navy Bean Soup Breaded Fish Filet Au Gratin Potatoes Zucchini with Tomatoes Multigrain Roll Pudding <i>Tartar Sauce/Lemon</i>
23 Creamy Cucumber Salad Chicken Tikka Masala Basmati Rice Baby Peas Naan Fresh Seasonal Fruit	24 Tuscan White Bean Soup Stuffed Peppers Roasted Diced Potatoes Broccoli Florets Italian Bread Fruit Cocktail	25 Garden Salad/ <i>Balsamic</i> Sliced Pork Loin with Apple Cinnamon Glaze Baked Sweet Potato Braised Red Cabbage Rye Bread Fresh Seasonal Fruit	26 Tomato Cucumber Salad Pot Roast with Gravy Mashed Potatoes Roasted Carrots Multigrain Bread Diced Pears	27 Vegetable Soup Seafood Salad on Mixed Greens Vegetable Orzo Carrot Slaw Pumpernickel Bread Brownie

