


Suggested Donation \$1.25 per meal

Donations are voluntary and confidential.

No one will be denied a meal if a donation is not given.

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
3 Chicken Noodle Soup Asian Beef Stir Fry Brown Rice Snap Peas Whole Grain Roll Sliced Pears	4 Cucumber Onion Salad Chicken Tarragon Mashed Potatoes California Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	5 Cream of Spinach Soup Tuna Noodle Salad over Romaine Beet and Onion Salad Baby Carrot Sticks Pumpernickel Bread Fresh Seasonal Fruit	6 Romaine with Mandarin Oranges/ <i>Asian Sesame Dressing</i> Korean BBQ Leg Dirty Rice Oriental Blend Vegetables Multigrain Bread Sliced Peaches	7 Lentil Soup Stuffed Cabbage Roasted Diced Potatoes Broccoli Florets Italian Bread Fresh Seasonal Fruit
10 Cream of Potato Soup Lemon Pepper Tilapia Spanish Rice Green Beans Round Roll Fresh Seasonal Fruit	11 Carrot and Raisin Slaw Cheeseburger with Lettuce and Tomato Baked Beans Corn Niblets Whole Wheat Bun Sliced Pears <i>Ketchup</i>	12 Cream of Tomato Soup Chicken Cordon Bleu Wild Rice Pilaf Carrot Coins Whole Grain Roll Fresh Seasonal Fruit	13 Minestrone Soup Roast Turkey with Swiss with Lettuce and Tomato Vegetable Pasta Salad Carrot Slaw Rye Bread (2) Fresh Seasonal Fruit <i>Mustard/Mayo</i>	14 Caesar Salad/ <i>Caesar Dressing</i> Chicken Parmesan Penne Marinara Italian Blend Vegetables Garlic Bread Valentines Day Cupcakes <i>Parmesan Cheese</i>
17 CLOSED 	18 Butternut Squash Soup Chili Con Carne Brown Rice Corn Corn Muffin Pineapple Tidbits	19 Garden Salad Chicken Cranberry Dijon Baled Sweet Potato Broccoli Florets Rye Bread Fresh Seasonal Fruit <i>French Dressing</i>	20 Italian Wedding Soup Italian Turkey Sausage Rotini Pasta Sauteed Peppers and Onions Whole Grain Roll Fresh Seasonal Fruit	21 Split Pea Soup Egg Salad Platter on Spinach 3-Bean Salad Broccoli Slaw Whole Grain Bread Fruit Cup
24 Chicken Rice Soup Sliced Pork Loin with Mushroom Gravy Macaroni and Cheese Sliced Carrots Pumpernickel Bread Mandarin Oranges	25 Vegetable Soup Cheese Omelet Turkey Sausage Diced Potatoes with Onions and Peppers Blueberry Muffin Fruited Yogurt	26 Cream of Tomato Soup Potato Crusted Pollock Yellow Rice Ratatouille Whole Wheat Bread Fresh Seasonal Fruit	27 Chickpea Onion Salad Stuffed Peppers Sliced Italian Potatoes Mediterranean Blend Vegetables Whole Wheat Roll Sliced Peaches	28 Cream of Broccoli Soup Homestyle Meatloaf with Gravy Mashed Potatoes Baby Peas Multi Grain Bread Brownies

Each meal is served with skim milk and your choice of coffee or hot tea.

Chinese New Year
 1/29-2/2
 Year of the Snake



FEBRUARY IS
**AMERICAN
 HEART
 MONTH**