

February 2017 Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
		1 Vegetable* Tortilla Soup Fresh Green Salad Mexican King Ranch Chicken Casserole w/ Salsa* Seasonal Fresh Fruit	2 Garden Salad with Asian Ginger Dressing Polynesian Chicken Brown Rice Steamed Broccoli*+ Seasonal Fresh Fruit	
6 Garden Salad with Tomatoes and Carrots+ Herb Roasted Chicken Leg & Thigh Corn Bread Mashed Potatoes w/Gravy Orange*	7 Garden Salad with Tomatoes and Carrots Herb Roasted Chicken Leg & Thigh Corn Bread Mashed Potatoes and Gravy Orange*	8 Citrus Spinach Salad +* Chicken Cacciatore* Whole Wheat Pasta Garlicky Italian Vegetables Fresh Seasonal Fruit	9 Marinated Slaw+* Tacos with Seasoned Ground Turkey Pinto Beans Mexican Brown Rice Grated Cheddar, Sour Cream & Salsa Seasonal Fresh Fruit	
13 Tuscan Soup with Kale & White Beans Raw Mixed Vegetables w/ carrots and tomatoes Spinach*+ & Mushroom Lasagna (Vegetarian) Fresh Seasonal Fruit	14 Tuscan Soup with Kale+* & White Beans Raw Mixed Vegetables w/ carrots+ and tomatoes Spinach*+ & Mushroom Lasagna (Vegetarian) Berries with Whipped Cream	15 Garden Salad North African Chicken and Sweet Potato+* (1/2 cup) Stew Brown Rice Seasonal Fresh Fruit (Grapes)	16 Mixed Greens Lemon Chicken (leg and thigh) Ginger Brown Rice Stir Fry Broccoli & Cauliflower+* Seasonal Fresh Fruit	*= Vitamin C Source += Vitamin A Source
20 PRESIDENT'S DAY CLOSED	21 Mixed Green Salad* Teriyaki Chicken Steamed Brown Rice Asian Blend Vegetables+* Seasonal Fresh Fruit	22 Romaine, Tomato+ & Garbanzo Beans * Salad with Italian Vinaigrette+ Spaghetti with Meat Sauce (turkey)* Italian Green Beans Banana	23 Mixed Green Salad w/ Tomatoes* Thousand Island Dressing Chicken and Sausage Gumbo Brown Rice Greens*+ Seasonal Fresh Fruit	
27 Farmers Market Vegetable Soup+* Garden Salad with Creamy Vinaigrette Tuna Sandwich on WW Bread Seasonal Fresh Fruit	28 Farmers Market Vegetable Soup+* Garden Salad with Creamy Vinaigrette Tuna Sandwich on WW Bread Seasonal Fresh Fruit			

