

Thursday, February 1

- **Chicken Adobo**
- Brown Rice
- Green Peas
- Pineapple & Mango Fruit Cup

Friday, February 2

- **Vegetable Lasagna**
- Broccoli
- Italian Blend Vegetables
- Cantaloupe or Orange

Monday, February 5

- **Baked Pollock**
- Brown Rice
- Mixed Vegetable Blend
- Cinnamon Applesauce

Tuesday, February 6

- **Cashew Chicken**
- Lo Mein Noodles
- Green Peas
- Fresh Seasonal Fruit

Wednesday, February 7

- **Enchilada Casserole w/ Turkey**
- Low Salt Pinto Beans
- Zucchini
- Mango/Pineapple Fruit Cup

Thursday, February 8

- **Hungarian Goulash w/ Turkey**
- Elbow Macaroni
- Roasted Brussel Sprouts
- Fresh Orange

Friday, February 9

- **Hot Turkey Sandwich**
- Green Beans
- Mashed Potatoes
- Orange Juice

Monday, February 12

- **BBQ Chicken**
- Corn
- Peas
- Mango & Pineapple Fruit Cup

Tuesday, February 13

- **Salmon with Dill Sauce**
- Whole Grain Roll
- Sweet Potato
- Cinnamon Applesauce

Wednesday, February 14

- **Chicken a la Orange**
- Brown Rice Pilaf
- Peas & Carrots
- White Cake w/Strawberries

Thursday, February 15

- **Vegetable Chili**
- Barley
- Green Beans
- Banana

Friday, February 16

- **Chicken Milanese**
- Linguine w/Pesto Sauce
- Cauliflower & Zucchini
- Orange

Monday, February 19

- **Spaghetti w/ Turkey Meat Sauce**
- Broccoli
- Green Beans
- Fresh Pear

Tuesday, February 20

- **Mediterranean Chicken**
- Brown Rice Pilaf
- Roasted Vegetables
- Cantaloupe or Tangerine

Wednesday, February 21

- **Roast Turkey Breast**
- Whole Grain Stuffing
- Butternut Squash
- Kiwi or Orange

Thursday, February 22

- **Tuna Nicoise Salad**
- Whole Grain Roll
- Herbed Potato Salad
- Fresh Apple

Friday, February 23

- **Beef Fajita**
- Spanish Brown Rice
- Pinto Beans
- Pineapple & Mango Fruit Cup

Monday, February 26

- **Chicken Dijon**
- Whole Grain Roll
- Rosemary Mashed Potatoes
- Fresh Fruit

Tuesday, February 27

- **Stuffed Bell Pepper w/ Turkey**
- Barley
- Mixed Vegetables
- Fresh Apple

Wednesday, February 28

- **Vegetable Frittata**
- Whole Grain Roll
- Lima Beans & Corn
- Fresh Pear

Thursday, February 29

- **Korean BBQ w/ Beef**
- Herbed Brown Rice
- Sauté Zucchini
- Pineapple

▪ **Menu subject to change**
▪ **\$3 suggested donation**

