

Please sign up or call site directly for reservations 24 hours in advance.

Suggested donation: \$3.75

Guests under 60 may purchase a meal for \$10.00

Any additional contribution is greatly appreciated.

No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
<p>1% Milk served each meal</p> <p>Menu subject to change without notice</p>	<p>Chinese New Year 1</p> <p>Beef Stir Fry w/veggies + Broccoli+ Brown Rice Fruit Treat: Fortune Cookie</p> 	<p>Ground Hog Day 2</p> <p>Chicken & Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+</p> 	<p>3</p> <p>Egg Salad Sandwich w/lettuce, tomatoes, onion Cheddar Potato Soup+* Wheat bread Fruit</p>	<p>4</p> <p>Baked Cod with Sun-dried Tomato Sauce on bed of Spinach** Garden Salad * Steamed Brussel Sprouts+ Rice Pilaf, Fruit</p>
<p>7</p> <p>BBQ Chicken Sandwich Hearty Vegetable Soup+* Coleslaw+* Wheat Bun Fruit</p> 	<p>8</p> <p>Fish w/Coconut Curry Veggie Blend+* Vegetable Medley Salad* Brown Rice Fruit</p>	<p>< > 9</p> <p>Vegetarian Enchilada Verde+ Cilantro Lime Coleslaw+ Chips Fruit Garnish: Sour Cream & Pico</p>	<p>10</p> <p>WW Spaghetti w/meat sauce Garden Salad* Seasoned Cauliflower + Fruit</p> 	<p>11</p> <p>Turkey Caesar Salad Lentil & Black Bean Soup+ Bread Stick Fruit</p>
<p>Valentine's Day 14</p> <p>South-western Baked Cod Vegetable Blend+* WW Roll Fruit Dessert: Brownie</p> 	<p>15</p> <p>Chicken w/Lemon, Garlic and Rosemary Sweet Potatoes+* Green Beans Biscuit, Fruit</p> 	<p>16</p> <p>Beef Burger w/Lettuce, Tomato, Onion and Pickle Vegetable Bean Soup Wheat Bun Fruit+</p>	<p>17</p> <p>Apricot Glazed Pork Peas & Carrots* Mashed Potatoes Brown Rice Fruit+</p>	<p>18</p> <p>Pasta Primavera+* Spinach Salad w/red onions & carrots* Garlic Bread Fruit</p>
<p>CLOSED for HOLIDAY 21</p> <p>Presidents' Day</p> 	<p>22</p> <p>Beef Stew* Garden Salad* Biscuit Fruit+</p>	<p>23</p> <p>Baked Fish w/Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts+ WW Roll, Fruit</p>	<p>24</p> <p>Baked Potato with Veg Chili+ Vegetable Medley Salad* Corn Bread Fruit</p>	<p>25</p> <p>Chicken Gumbo w/Okra Red Beans Brown Rice Fruit +</p> 
<p>28</p> <p>Teriyaki Chicken Seasoned Broccoli+ Carrots* Brown Rice Fruit</p>				<p>KEY</p> <p>+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>