



Monthly Menu

February 2019

Fri	1	STIR-FRY PORK , White Rice, Scandinavian Blend, Claremont Salad, Orange Chicken Salad with White Beans, Scandinavian Vegetables, Orange
Mon	4	 BAKED PENNE PASTA , Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Apple Roast Beef Sandwich, Spring Vegetable Soup, Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Apple
Tues	5	TILAPIA W/CUCUMBER SAUCE , Couscous, Oregon Bean Medley, Spinach Salad w/1000 Island Dressing, Bread Pudding Turkey Sandwich, Potato Salad, Oregon Bean Medley, Spinach Salad w/1000 Island Dressing, Bread Pudding
Wed	6	SOMALI CHICKEN , White Rice, Garden Blend Vegetables, Pepper Coleslaw, Orange Hard Boiled Egg Salad, Garden Blend Vegetables, Orange
Thu	7	CHICKEN STROGANOFF , Noodles, Country Trio Vegetables, Four Bean Salad, Strawberry Pear Gelatin  Veggie Burger, Black Bean Soup, Country Trio Vegetables, Four Bean Salad, Strawberry Pear Gelatin
Fri	8	IRISH STEW , Mashed Potatoes, Capri Mix Vegetables, Garden Salad w/Italian Dressing, Banana Lemongrass Chicken, White Rice, Capri Mix Vegetables, Garden Salad w/Italian Dressing, Banana
Mon	11	CHICKEN TERIYAKI , Brown Rice, Edamame Medley, Creamy Coleslaw, Apple  Plain Omelet w/Salsa, Potatoes, Edamame Medley, Apple
Tue	12	FISH W/ BLACK BLEAN SALSA , Couscous, Sliced Carrots, Cucumber Salad, Chocolate Chip Cookie  Grilled Vegetable Sandwich, French Lentil Soup, Sliced Carrots, Cucumber Salad, Chocolate Chip Cookie
Wed	13	HONEY PINEAPPLE PORK , Noodles, Garden Blend Vegetables, Tossed Salad w/Ranch Dressing, Banana Chinese Chicken Salad, Garden Blend Vegetables, Banana

Thu	14	SPAGHETTI W/MEAT SAUCE , Scandinavian Blend Vegetables, Rainbow Spinach Salad, Russian Cream w/ Topping Turkey Salad, Scandinavian Blend Vegetables, Russian Cream w/ Topping
Fri	15	SOUTHWEST BEEF CASSEROLE , Carrot Bean Blend Vegetables, Santa Fe Salad, Orange and Peach Gelatin Chicken Spring Pasta, Carrot Bean Blend, Orange and Peach Gelatin
Mon	18	CENTERS CLOSED FOR PRESIDENT'S DAY HOLIDAY
Tue	19	SPINACH LASAGNA , Garden Blend Vegetables, Boston Bean Salad, Orange Chicken Smitane, Noodles, Garden Blend Vegetables, Orange
Wed	20	SWEDISH MEATBALLS , Noodles, Scandinavian Blend Vegetables, Navy Bean Salad, Apple  Tofu Spring Pasta, Scandinavian Blend Vegetables, Navy Bean Salad, Apple
Thu	21	TAIWANESE BEEF STEW , Brown Rice, Green Beans, Chinese Trio Salad, Kiwi Hawaiian Pizza, Green Beans, Chinese Trio Salad, Kiwi
Fri	22	CHICKEN CHILE VERDE , Brown Rice, Creole Southwest Vegetable Medley, Cucumber Salad, Peanut Butter Mousse Tuna Sandwich, Butternut Squash Soup, Creole Southwest Vegetable Medley, Cucumber Salad, Peanut Butter Mousse
Mon	25	EAST INDIAN FISH STEW , Couscous, Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Orange  Southwest Quiche, Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Orange
Tues	26	 BEANS AND BROWN RICE , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Bread Pudding Beef Taco Salad, Imperial Blend Vegetables, Bread Pudding
Wed	27	CHICKEN PAPRIKASH , Capri Mix Vegetables, Eastern European Salad, Seasonal Fruit  Tofu Stir Fry, Brown Rice, Eastern European Salad, Seasonal Fruit
Thu	28	TURKEY ROAST W/HERBS & APRICOT SAUCE , Polenta, Key West Blend Vegetables, Claremont Salad, Banana Bread Chicken Grape Salad, Key West Blend Vegetable, Banana Bread

 *Indicates Vegetarian Entrée*