



FOOD AND NUTRITION SERVICES | SENIOR NUTRITION PROGRAM



A family
of services.
A family
that serves.

LUNCH MENU OPICA ADULT DAY CENTER

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 FEBRUARY 14TH Sweethearts Day!		 FEBRUARY 18TH Presidents Day!		1 *Orange Juice ROAST TKY BREAST Cranberry Sauce WG Bread Stuffing Roasted Brussels Sprouts **Fresh Baked Sweet Potato or Yam Chocolate Chip Cookie
4 Hearty Veg Soup BAKED FISH Barley Pilaf w/Herbs Green Beans w/ Almonds ***Broccoli Salad Apple or Applesauce	5 CHICKEN MILANESE WG Linguine w/ Marinara Sauce Cauliflower & Zucchini Caesar Salad Caesar Dressing *Mango & Pineapple	6 *Orange Juice TKY TARRAGON STEW Biscuit Vegetable in Entrée Mixed Salad Green Ranch Dressing Lemon Pudding	7 ASIAN BEEF PEP STEAK Brown Rice **Mixed Asian Vegetables *Beet Salad w/ Mandarin Oranges Peach or Pear	8 Corn Chowder SW SHREDDED CKN Warm Tortilla Pinto Beans *Shredded Cabbage w/ Tomato Cilantro Dressing Banana
11 TURKEY VEGETABLE STIR FRY Ginger Sauce Jasmine Brown Rice Vegetables in Entrée **Carrot, Bell Pepper Salad *Orange	12 Slit Pea Soup TUNA SALAD COLD PLATE Whole Grain Roll Herbed Potato Salad *Red & Green Coleslaw Banana	13 BEEF ENCHILADA CASSEROLE Corn Tortilla in Entrée Green Beans w/ Mushrooms Mesclun Salad Mix Cilantro Dressing *Fruit Cup	14 <u>Sweetheart Menu</u> Grape Juice CKN A LA ORANGE Rice Pilaf Wheat Roll **Peas & Carrots *Coleslaw White Cake w/Strawberry	15 <u>Presidents Day</u> *Orange Juice BEEF HAMBURGER Lettuce, Tomato, Onion Hamburger Bun Potato Salad **Broccoli Raisin Salad Cherry Gelatin w/ Pineapple
18 CHICKEN DIJON Whole Grain Roll Rosemary Potatoes ***Mixed Salad Ranch Dressing Fresh or Unsweetened Canned Peach	19 Vegetable Soup BEEF TIPS W/ MUSHROOM SAUCE Noodles w/ Herbs **Carrots and Zucchini Mesclun Salad Mix Italian Dressing ***Cantaloupe or *Orange or Tangerine	20 *Orange Juice TRY STUFFED BELL PEP Whole Grain Roll Whipped Cauliflower Romaine Salad w/ Tomato 1000 Island Dressing Chocolate Pudding	21 Potato Leek Soup BREADED FISH Barley Pilaf w/ Parsley **Broccoli *Coleslaw Fresh Fruit Cup	22 Red Bean Ginger Soup CASHEW CHKN BREAST Jasmine Brown Rice Green Beans w/ Mushrooms *Beet Salad w/ Mandarin Oranges Apple or Applesauce
25 Albondogas Soup BEEF FAJITA Warm Flour Tortilla Pinto Beans Mesclun Mix Salad Cilantro Dressing ***Cantaloupe or *Orange or Tangerine	26 *Orange Juice SANTA FE CHICKEN Brown Rice Pilaf Green Beans w/ Pimento Roasted Corn Oatmeal Cookie	27 Tomato Basil Soup BEEF HAMBURGER Hamburger Bun Lettuce, Tomato, Onion Baked Potato Wedges *Red & Green Coleslaw Banana	28 CARIBBEAN CKN Black Bean Sauce Whole Grain Roll Green Peas w/ Onions ***Carrot, Apple, Bell Pepper, Celery Salad Grapes or Pear	* = contain Vitamin C ** = contain Vitamin A *** = Vitamin A & C

MENU SUBJECT TO CHANGE

THANK YOU FOR YOUR DONATION

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