

FOOD AND NUTRITION SERVICES | SENIOR NUTRITION PROGRAM



A family
of services.
A family
that serves.

LUNCH MENU

Congregate Meal Sites (C1-westside)

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 JFS OFFICES WILL BE CLOSED	2 BEEF ENCHILADA CASSEROLE Corn Tortilla in Entrée Green Beans w/ Mushrooms Mesclun Salad Mix Cilantro Dressing *Fruit Cup	3 Tuscan Veg Soup TANDOORI CHICKEN Pita Bread **Ginger Carrots Mixed Salad Greens Ranch Dressing *Cantaloupe or Tangerine	4 *Orange Juice SPAGHETTI W/ TRKY MEATBALLS WG Pasta w/ Tomato Sauce **Mixed Veg Blend Caesar Salad Caesar Dressing Oatmeal Cookie
7 CHICKEN DIJON Whole Grain Roll Rosemary Potatoes ***Mixed Salad Ranch Dressing Fresh or Unsweetened Canned Peach	8 Vegetable Soup BEEF TIPS W/ MUSHROOM SAUCE Noodles w/ Herbs **Carrots and Zucchini Mesclun Salad Mix Italian Dressing ***Cantaloupe or *Orange or Tangerine	9 *Orange Juice TRKY STUFFED BELL PEPPER Whole Grain Roll Whipped Cauliflower Romaine Salad 1000 Island Dressing Chocolate Pudding	10 Potato Leek Soup BREADED FISH Barley Pilaf w/ Parsley **Broccoli *Coleslaw Fresh Fruit Cup	11 Red Bean Ginger Soup CASHEW CKN BREAST Jasmine Brown Rice Green Beans w/ Mushrooms *Beet Salad w/ Mandarin Oranges Apple or Applesauce
14 Albondogas Soup BEEF FAJITA Warm Flour Tortilla Pinto Beans Mesclun Mix Salad Cilantro Dressing ***Cantaloupe or *Orange or Tangerine	15 *Orange Juice SANTA FE CHICKEN Brown Rice Pilaf Green Beans w/ Pimento Roasted Corn Oatmeal Cookie	16 Tomato Basil Soup BEEF HAMBURGER Hamburger Bun Lettuce, Tomato, Onion, Mustard, Mayo Baked Potato Wedges *Red & Green Coleslaw Banana	17 TURKEY A LA KING Parsley Noodles **Broccoli Mixed Green Salad 1000 Island Dressing *Pineapple and Mango Fruit Cup	18 <u>MLK MENU</u> *Orange Juice OVEN FRIED CHICKEN Cornbread w/ Corn **Seasoned Spinach or GRNS Whipped Turnips Tossed Green Salad 1000 Island Dressing Rice Pudding
21 JFS OFFICES WILL BE CLOSED	22 Mushroom Soup TURKEY & CURRY VEG Whole Grain Roll Green Peas ***Spinach Salad 1000 Island Dressing Banana	23 BBQ CHICKEN Cornbread **Herbed Carrots Mesclun Salad Ranch Dressing *Pineapple & Mandarin Fruit Cup	24 *Orange Juice BEEF LASAGNA Pasta in Entrée Roasted Brussels Sprouts Mixed Salad Greens w/ Radish Italian Dressing Apple or Applesauce	25 Tortilla Soup BAKED FISH w/ Cilantro Pesto Sauce Vegetable Rice Pilaf Whipped Cauliflower **Carrot Raisin Salad ***Cantaloupe or Orange or Tangerine
28 Lentil Soup TURKEY BOLOGNESE w/ Penne Pasta Tomato Sauce Herbed Zucchini & Yellow Squash Caesar Salad w/Dessing *Pineapple & Mango Fruit Cup	29 BEEF MEATLOAF w/ Mushroom Sauce Whole Grain Bread Sage Mashed Potatoes **Broccoli ***Cantaloupe or *Orange or Tangerine	30 Minestrone Soup BAKED SALMON w/ Dill Sauce Brown Rice Pilaf Roasted Corn ***Spinach Salad 1000 Island Dressing Apple	31 OVEN FRIED CKN Macaroni & Cheese Green Beans w/ Herbs *Coleslaw Banana	* = contain Vitamin C ** = contain Vitamin A *** = Vitamin A & C

MENU SUBJECT TO CHANGE

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