

LUNCH MENU February 2012*

Only those 60 & over and their spouses of any age are eligible for this program.

Lunch is served at 11:30 a.m. Monday - Friday. Program ends at 12:30 p.m. For information call the lunchroom at (310) 253-6726 or the Nutrition Program Director at (310) 253-6712. **Voluntary suggested contribution per person for registered participants 60 & over and their spouses is \$2.25 and mandatory fee for those 59 & below is \$3.75.** If asked to show proof of age, please comply, as it is necessary for us to meet these requirements, which are set forth by our agent.

Those 60 & over and their spouse can make a lunch reservation between 9:30 a.m. - 12:00 p.m. the day before. Please sign in for your lunch ticket before 11:15 a.m. Those 59 and under may not make a meal reservation.

1% and non-fat milk are served every day. Fresh fruit is available upon request as a lower calorie substitution. Please obtain a special ordering ticket at the lunch room sign-in desk.

The menu is subject to change. Exclamation point (!) indicates that the meal or dessert has "Trans Fat". Na (⬆) indicates High Sodium

		Wednesday 1	Thursday 2	Friday 3
		Roast Turkey Breast with Gravy Sage Dressing Yam Green Beans with Mushrooms Mixed Fruit in Lemon Gelatin	Corn Chowder Soup Pot Roast with Gravy Pineapple Coleslaw Carrots Whole Grain Roll Trans Fat-free Spread Canned Peaches	Chicken Jambalaya Steamed Rice Romaine Salad with Cucumber French Dressing Banana Orange Juice
		Monday 6 Spaghetti & Meatballs with Marinara Sauce Carrots and Zucchini Garden Salad Ranch Dressing Whole Grain Roll Trans Fat-free Spread Fruit Cup with Mandarin Orange & Pineapple	Tuesday 7 Karaoke Day Mushroom Soup Curry Chicken Vegetable Barley Pilaf Romaine & Shredded Cabbage Salad w/ Carrots & Bell Pepper Broccoli Lemon Pudding 	Wednesday 8 Navy Bean Soup BBQ Beef Bun Spinach or Collard Greens Baked Sweet Potato Orange or Cantaloupe
Monday 13 Vegetable Soup Turkey Meatballs Mashed Potatoes Marinated Tomato with Onion & Pepper Salad Whole Grain Roll Trans Fat-free Spread Fresh Fruit in Season	Tuesday 14 VALENTINE'S DAY NIFTY NINETY PARTY Chicken a la Orange Rice Pilaf Wheat roll with Butter Peas with Red Pepper Coleslaw White Cake with Strawberry Grape Juice 	Wednesday 15 Sweet & Sour Beef Steamed Rice Normandy Vegetables Almond Cookie	Thursday 16 Butternut SquashSoup Oven Fried Chicken Corn Bread Spinach Collard Greens Pineapple Coleslaw Trans Fat-free Spread Fruit Yogurt 	Friday 17 Fish Teriyaki Brown Rice Carrots Green Beans w/ Pimento Cantaloupe, Honeydew or Strawberries 
Monday 20 Vegetable Curry Soup Hawaiian Chicken Brown Rice Shredded Carrots, Cabbage Water Chestnuts Mixed Green Salad French Dressing Orange Gelatin w/ Pineapple Chunks	Tuesday 21 Karaoke Day Tomato Basil Soup Pepper Steak w/ Gravy Oven Roasted Potatoes Spinach Salad w/ Mandarin Oranges 1000 Island Dressing Whole Grain Bread Trans Fat-free Spread Angel Food Cake w/ Strawberry Sauce 	Wednesday 22 Penne Pasta w/ Ground Turkey and Marinara Sauce Garlic Bread California Blend Italian Mixed Green Salad Italian Dressing Fresh Fruit	Thursday 23 Three Bean Soup Double Entrée: Fish Florentine Whole Grain Roll Trans Fat-free Spread OR Spinach Quiche Steamed Carrots Romaine Salad with Ranch Dressing Fruit Cup w/ Mandarin Orange, Cantaloupe	Friday 24 Jamaican Beef Stew Steamed Rice Red & Green Coleslaw Mixed Vegetables Pear or Peach
Monday 27 Orange Juice Roast Beef with Mushroom Sauce Peas & Carrots Garlic Mashed Potatoes Whole Grain Roll Trans Fat-free Spread Fresh Fruit in Season	Tuesday 28 Karaoke Day Albondigas Soup Chicken Enchilada Casserole Corn Tortilla in entrée Pinto Beans Broccoli Raisin Salad Apple 	Wednesday 29 Veal Piccata Pasta w/ Lemon Caper Sauce Creamed Spinach Assorted Salad Greens French Dressing Orange	<p style="text-align: center;"><i>Cooking is like love. It should be entered into with abandon or not at all.</i></p> <p style="text-align: right;"><i>~Harriet van Horne</i></p> 	
<p>*MENU SUBJECT TO CHANGE*</p>				