

Lunch is served at Noon daily. *If you're going to be late, just give us a call no later than 11:45 am.*

Please reserve by WEDNESDAY, NOON for Monday and by FRIDAY, NOON for Tues—Friday

COST: ● \$4 Age 55 - 59

● \$2 - \$4 optional suggested donation Age 60+
NEW!!! Dairy or egg lunches available by reservation at front desk!

NUTRITION EDUCATION PRESENTATIONS

NUTRITION 4 LIFE

WEDNESDAY, FEB. 8 11:00AM
TOPIC: EASY MEAL PLANNING



<p>NUTRITION EDUCATION PRESENTATIONS</p> <p>NUTRITION 4 LIFE</p> <p>WEDNESDAY, FEB. 8 11:00AM</p> <p>TOPIC: EASY MEAL PLANNING</p>		<p>1 Cold Lunch Tuna Salad Nicoise Vegetable Pasta Salad Mandarin Oranges</p> <p>Hot Lunch Baked ziti Green & wax beans Tossed salad Mandarin oranges</p>	<p>2 Cold Lunch Cranberry Almond Chicken Spinach Salad Cauliflower & Broccoli Salad Chocolate Pudding</p> <p>Hot Lunch Herb roasted turkey Mashed cauliflower & potato Sugar snap peas Chocolate pudding</p>	<p>3 Cold Lunch Turkey, Ham & Swiss Succotash Salad Unsweetened Applesauce</p> <p>Hot Lunch Veggie Omelet English Muffin Brandied Peaches Cinnamon Applesauce</p>
<p>6</p> <p>Sliced Roast Beef w/ Honey Bourbon Sauce Green beans w/ almonds Sweet Potato Cubes Tropical Fruit Mix</p>	<p>7 Cold Lunch Seafood Salad & American cheese platter Marinated tomato & onion Orange</p> <p>Hot Lunch Italian Wedding Soup Grilled Chicken Caprese Cauliflower, Broccoli, Carrots Vegetable pasta salad</p>	<p>8 Cold Lunch Turkey & Muenster Cheese Sandwich Carrot Raisin Salad Pineapple</p> <p>Hot Lunch Balsamic Glazed Pulled Pork Brown rice, Cowboy Caviar Pineapple</p>	<p>9 Cold Lunch Sonoma chicken salad German Potato salad S/F Vanilla Cake</p> <p>Hot Lunch Traditional Meatloaf Seasoned Potato Cubes Peas & Carrots Lite vanilla cake</p>	<p>10 Cold Lunch Sliced Chicken/Feta Cheese & Beet Salad; Greek Chickpea Salad; Diced Peaches</p> <p>Hot Lunch Lemon Butter Baked Fish Mushroom Rice Pilaf Diced peaches</p>
<p>13</p> <p>Beef Chow Fun Broccoli, noodles Health Salad Oatmeal Cookie</p>	<p>14 Cold Lunch Hard Boiled Egg & Cubed Cheddar Cheese Platter Health Salad; Macaroni salad</p> <p>Valentine's Meal Grape juice Spaghetti & Meatballs Green Beans w/pepper Salad w/vinaigrette Valentine Cup Cake</p>	<p>15 Cold Lunch Chicken Reuben/ Rye Cole Slaw, 3 Bean Salad Pineapple</p> <p>Hot Lunch Chicken Noodle Soup Orange & Honey glazed Turkey Green Beans Whipped Sweet Potatoes Pineapple</p>	<p>16 Cold Lunch Chicken Caprese Salad 3 Bean Salad Mandarin Oranges</p> <p>Hot Lunch Ground beef with cabbage/ white rice/ sweet & sour sauce Marinated carrot salad Apple</p>	<p>17 Cold Lunch Italian Hoagie Salad Red Bliss Potatoes Unsweetened Applesauce</p> <p>Hot Lunch Crab Cake Macaroni & Cheese Zucchini & stewed tomatoes Spinach & carrots Unsweetened applesauce</p>
<p>20 CLOSED</p>	<p>21 Cold Lunch Egg Salad Sandwich on Pumpernickel Bread Pickled Beet Salad Cowboy Caviar Diced pears</p> <p>Hot Lunch Manicotti & Meatballs Broccoli & Carrots Diced pears</p>	<p>22 Cold Lunch Cottage Cheese & Fruit Platter w/Walnuts Orange</p> <p>Hot Lunch Grilled Hawaiian BBQ Chicken Breast w/ pineapple, peppers, onions Rice medley Fresh orange</p>	<p>23 Cold Lunch Chicken salad platter Broccoli, red onion, cranberry salad Carrot salad Tropical fruit mix</p> <p>Hot Lunch Cheeseburger Potato Salad, Cole Slaw Tropical fruit mix</p>	<p>24 Cold Lunch Chicken Caesar Salad Fruited Jello</p> <p><i>Celebrate Birthdays!</i></p> <p>Hot Lunch Vegetable Soup, Caesar Salad Baked Fish w/ white wine caper sauce Red Bliss Potatoes Fruited Jello</p>
<p>27</p> <p>Tomato Soup Macaroni & Cheese w/ Turkey Ham & tomatoes; Sauteed Kale, Spinach & Carrots Mixed Fruit</p>	<p>28 Cold Lunch Roast Beef & Provolone/ Rye; Lettuce, Tomato Cole Slaw Apple</p> <p>Hot Lunch Egg roll in a bowl Marinated cukes/ red peppers Apple</p>			