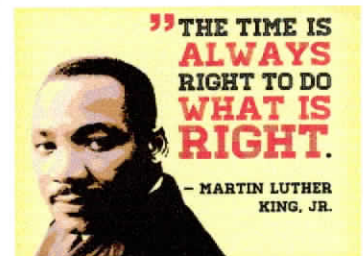




**DINING ROOM MENU FOR JANUARY 2023
BERNARDI MULTIPURPOSE SENIOR CENTER**

**Dining Center
747-254-2579, Ext. 107**

Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) CENTER CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	3) Mediterranean Chicken Pita Bread & Hummus Brown Rice Pilaf Roasted Vegetables Lentil Salad w/ Cucumbers & Vinaigrette Dressing *Cantaloupe OR Tangerine Low fat Milk	4) Roast Turkey Breast w/Gravy Whole Grain Stuffing Butternut Squash Green Peas w/Mushrooms *Kiwi OR Orange AND/OR Lemon Pudding Low fat Milk	5) Baked Fish w/Dijon Whole Grain Roll Herbed Potato Salad OR Herbed Roasted Potatoes *Creamy Coleslaw Fresh Apple Low fat Milk	6) Beef Fajita w/Peppers & Onions Flour Tortilla Pinto Beans Spanish Brown Rice Tossed Green Salad w/ Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk
9) Chicken Dijon Whole Grain Roll Rosemary Mashed Potatoes *Chopped Salad w/ Kale, Lettuce & Cucumber w/Vinaigrette Drsg Fresh Fruit & Milk	10) *Orange Juice Stuffed Bell Pepper (Turkey) Dinner Roll **Butternut Squash Romaine Salad w/ Tomatoes & 1000 Island Dressing Apple & Red Gelatin Cubes w/Yogurt Low fat Milk	11) Vegetarian Goulash w/Noodles Whole Grain Roll Spinach, Shredded Cabbage, & Brussels Sprouts Salad w/Ranch Dressing Pear OR Nectarine Low fat Milk	12) Korean BBQ (Beef) Herbed Brown Rice Sauté Zucchini w/ Sesame Seeds ***Broccoli Salad w/Sliced Radish Pineapple Low fat Milk	13) *Orange Juice Oven Fried Chicken Whole Grain Roll/Corn Bread Greens or Spinach Whipped Turnips Tossed Green Salad w/1000 Island Drsg Fresh Fruit & Milk
16) CENTER CLOSED IN OBSERVANCE OF Martin Luther King Day 	17) Beef Bolognese w/ Penne Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/ Croutons & Caesar Dressing *Cantaloupe OR Orange Low fat Milk	18) Caribbean Chicken Brown Rice Pilaf **Broccoli ***Carrot, Bell Pepper, & Celery Salad Fresh Fruit Low fat Milk	19) Fish Taco Corn Tortilla Pinto Beans ***Chopped Mixed Salad w/Romaine, Kale & Ranch Dressing Peach OR Plum Low fat Milk	20) *Orange Juice Meatloaf w/Mushroom Sauce Whole Grain Roll (Beef) Garlic Mashed Potatoes Braised Red Cabbage Fruit Cup (Apple & Melon) Low fat Milk
23) Southwest Shredded Chicken Corn Tortilla Pinto Beans ***Spinach Salad w/ Kale, Bell Pepper, & Cucumber w/1000 Island Drsg Peaches OR Melon Low fat Milk	24) Shepherd's Pie (Turkey) w/Mashed Potatoes Whole Grain Roll **Carrots Mixed Salad Greens w/ French Dressing *Orange OR Kiwi Low fat Milk	25) Baked Pollock w/ Lemon Sauce Quinoa w/Herbs Green Beans w/Herbs *Coleslaw w/Bell Pepper Fruit in Dessert OR Yogurt w/Berries & Milk	26) Chicken Adobo Brown Rice Green Peas Mesclun Salad w/ Garbanzo Beans w/Ranch Dressing *Pineapple & Mango Fruit Cup Low fat Milk	27) Garden Vegetable Lasagna w/Zucchini & Mushrooms & Parmesan Cheese **Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk
30) Baked Fish Almondine Whole Grain Roll Mixed Vegetable Blend ***Broccoli Salad Cinnamon Applesauce Low fat Milk	31) Cashew Chicken w/Lo Mein Noodles Whole Grain Roll Green Peas *Beet & Mandarin Orange Salad Fresh Fruit Low fat Milk			Peter Lopez Dining Coordinator SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER