

Alicia Broadous-Duncan Dining Center

January 2023 - Congregate Menu

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

Lunch served at 11:30 AM - please arrive early to secure your meal! MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. *Vitamin C Source