

| <b>WEEK 1</b>  | <b>MONDAY<br/>12/23</b>   | <b>TUESDAY<br/>12/24</b>  | <b>WEDNESDAY<br/>12/25</b>                                 | <b>THURSDAY<br/>12/26</b>   | <b>FRIDAY<br/>12/27</b>   |
|--|---|---|--|---|---|
| <p><b><u>Breakfast</u></b><br/>Served 8:30am-10:00am<br/>-Suggested Contribution of \$1.00<br/>-Guests under 60 are required to pay \$1.50<br/>-Tickets available 7:30am to 9:55am</p> | <p>Hardboiled Egg<br/>Cheerios<br/>Oatmeal<br/>Apple<br/>Orange Pineapple Juice<br/>Milk, Low fat 1%</p>            | <p>Grilled Cheese Sandwich with Tomato<br/>Grits or Cheerios<br/>Orange juice<br/>Pear<br/>Milk, Low Fat 1%</p>                                   | <p><b>CENTER IS<br/>CLOSED<br/>MERRY<br/>CHRISTMAS</b></p> | <p>Pancakes<br/>Turkey Bacon<br/>Raisin Bran or Maypo<br/>Apple<br/>Orange juice<br/>Milk, Low Fat 1%</p>   | <p>Eggs Benedict<br/>Cornmeal or Shredded Wheat Cereal<br/>Apple Juice<br/>Canned Pears<br/>Milk, Low Fat 1%</p>                            |
| <p><b><u>Lunch</u></b><br/>Served 12:00-1:00pm<br/>-Suggested Contribution of \$1.50<br/>-Guests under 60 are required to pay \$3.00<br/>-Tickets available 10:30am to 12:55pm</p>     | <p>Baked Ziti with Cheese<br/>Whole Wheat Dinner Roll<br/>Boiled Zucchini<br/>Orange<br/>Milk, low fat, 1%</p>      | <p>Baked Chicken Breast<br/>Roasted Sweet Potato Fries<br/>Whole Wheat Bread<br/>Broccoli with Toasted Garlic<br/>Apple<br/>Milk, low fat, 1%</p> | <p><b>CENTER IS<br/>CLOSED<br/>MERRY<br/>CHRISTMAS</b></p> | <p>Italian Roasted Pork Tenderloin<br/>Roasted Mushrooms<br/>Whole Wheat Bread<br/>Braised Red Cabbage with Apples<br/>Parmesan Rosemary Mashed Potatoes<br/>Frozen Mixed Berries<br/>Milk, low fat, 1%</p> | <p>Baked Salmon<br/>Fettucini with Sauce<br/>Whole Wheat Bread<br/>Brussel Sprouts<br/>Banana<br/>Milk, low fat, 1%</p>                     |
| <p><b><u>Dinner</u></b><br/>Served 5:00pm-6:00pm<br/>-Suggested Contribution of \$1.50<br/>-Guests under 60 are required to pay \$3.00<br/>-Tickets available 3:30pm to 5:50pm</p>     | <p>A Nice Vegetable Soup<br/>Cod Fillet Sandwich<br/>Lettuce and Tomato<br/>Yuca<br/>Pear<br/>Milk, low fat, 1%</p> | <p><b>TAKE HOME<br/>DINNER AVAILA-<br/>BLE AFTER<br/>LUNCH</b></p>  | <p><b>CENTER IS<br/>CLOSED<br/>MERRY<br/>CHRISTMAS</b></p> | <p>Meatballs<br/>Pasta<br/>Capri blend vegetable<br/>Orange<br/>Milk, low fat, 1%</p>   | <p>Vegetarian burger<br/>With Whole Wheat Bun<br/>Lettuce &amp; Tomato<br/>Red potato wedges<br/>Canned Pineapple<br/>Milk, low fat, 1%</p> |

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| <b>WEEK 2</b>  | <b>MONDAY<br/>12/30</b>   | <b>TUESDAY<br/>12/31</b>  | <b>WEDNESDAY<br/>1/1</b>                           | <b>THURSDAY<br/>1/2</b>   | <b>FRIDAY<br/>1/3</b>  |
|--|---|---|--|---|--|
| <p><b><u>Breakfast</u></b><br/>Served 8:30am-10:00am<br/>-Suggested Contribution of \$1.00<br/>-Guests under 60 are required to pay \$1.50<br/>-Tickets available 7:30am to 9:55am</p> | <p>Cinnamon French toast<br/>Turkey Sausage Patty<br/>Bran Flakes Cereal or Oatmeal<br/>Pineapple Juice<br/>Syrup<br/>Milk, low fat, 1%</p> | <p>Scrambled Eggs w/Swiss Whole Wheat Bread<br/>Cheerios or Cornmeal<br/>Apple Juice<br/>Canned Pineapple<br/>Milk, low fat, 1%</p> | <p><b>CENTER IS CLOSED<br/>Happy New Year!</b></p> | <p>Turkey Sausage Patty<br/>Waffles<br/>Cheerios or Grits<br/>Apple<br/>Orange Juice<br/>Syrup<br/>Milk, low fat, 1%</p>                                      | <p>Home Fries with Peppers &amp; Onions<br/>Western Omelette<br/>Bran Flakes Cereal or Oatmeal<br/>Apple Juice<br/>Orange<br/>Milk, Low Fat,1%</p> |
| <p><b><u>Lunch</u></b><br/>Served 12:00-1:00pm<br/>-Suggested Contribution of \$1.50<br/>-Guests under 60 are required to pay \$3.00<br/>-Tickets available 10:30am to 12:55pm</p>     | <p>Baked Mushroom Chicken<br/>Spaghetti carbonara with green peas<br/>Baby Carrots with Parsley<br/>Orange<br/>Milk, low fat, 1%</p>        | <p>Vegetable Lasagna<br/>Whole Wheat Bread<br/>California Blend Vegetables<br/>Apple<br/>Milk, low fat, 1%</p>                      | <p><b>CENTER IS CLOSED<br/>Happy New Year!</b></p> | <p>Black Beans and Sweet Potato chili<br/>Whole Wheat Bread<br/>Yellow Rice<br/>Cauliflower and Pea Curry<br/>Canned Pineapples<br/>Milk, low fat, 1%</p>     | <p>Coconut Curried Cod Fish<br/>Whole Wheat Bread<br/>Roasted Potatoes<br/>Sautéed Zucchini<br/>Pear<br/>Milk, low fat, 1%</p>                     |
| <p><b><u>Dinner</u></b><br/>Served 5:00pm-6:00pm<br/>-Suggested Contribution of \$1.50<br/>-Guests under 60 are required to pay \$3.00<br/>-Tickets available 3:30pm to 5:50pm</p>     | <p>Beef Stir Fry<br/>Chinese Style Spaghetti<br/>Steamed Broccoli with Soy Sauce<br/>Canned Pineapple<br/>Milk, Low Fat, 1%</p>             | <p><b>TAKE HOME DINNER AVAILABLE AFTER LUNCH</b></p>  | <p><b>CENTER IS CLOSED<br/>Happy New Year!</b></p> | <p>Baked Chicken thighs<br/>Multigrain Pita<br/>Chickpeas Salad<br/>Cucumber Salad<br/>Lettuce and Tomato<br/>Sliced Canned Peaches<br/>Milk, low fat, 1%</p> | <p>Turkey Bean Chili<br/>Yellow Rice<br/>Broccoli and Red Pepper Salad<br/>Orange<br/>Milk, low fat, 1%</p>  |



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| <b>WEEK 3</b>   | <b>MONDAY<br/>1/6</b>  | <b>TUESDAY<br/>1/7</b>  | <b>WEDNESDAY<br/>1/8</b>  | <b>THURSDAY<br/>1/9</b>   | <b>FRIDAY<br/>1/10</b>   |
|---|--|---|---|---|--|
| <p><b><u>Breakfast</u></b><br/> <b>Served 8:30am-10:00am</b><br/>           -Suggested Contribution of \$1.00<br/>           -Guests under 60 are required to pay \$1.50<br/>           -Tickets available 7:30am to 9:55am</p> | <p>Veggie Sausage Patty<br/>           Waffles<br/>           Bran Flakes Cereal or Oatmeal<br/>           Pear<br/>           Pineapple Juice<br/>           Milk, Low Fat 1%</p>                     | <p>Egg Frittata with Potatoes and Peas<br/>           Shredded Wheat Cereal or Farina<br/>           Apple<br/>           Orange Juice<br/>           Milk, Low fat, 1%</p>                         | <p>Apple Raisin Crepes<br/>           Nonfat Plain Greek Yogurt<br/>           Raisin Bran Cereal or Cream of Wheat<br/>           Canned Pineapple<br/>           Apple Juice<br/>           Milk, Low fat, 1%</p> | <p>Eggs Benedict<br/>           Grape Nuts Cereal or Oatmeal<br/>           Apple<br/>           Orange Juice<br/>           Milk, Low fat, 1%</p>  | <p>Pancakes<br/>           Pork Breakfast Sausage Patty<br/>           Bran Flakes Cereal or Grits<br/>           Frozen Mixed Berries<br/>           Orange Pineapple Juice<br/>           Milk, Low fat, 1%</p>        |
| <p><b><u>Lunch</u></b><br/> <b>Served 12:00-1:00pm</b><br/>           -Suggested Contribution of \$1.50<br/>           -Guests under 60 are required to pay \$3.00<br/>           -Tickets available 10:30am to 12:55pm</p>     | <p>Italian Sausage<br/>           W/Peppers and Onions<br/>           Rotini with Tomatoes and Black Olives<br/>           Tangy Green Beans<br/>           Apple<br/>           Milk, Low Fat, 1%</p> | <p>Baked Macaroni and Cheese<br/>           Whole Wheat Bread<br/>           Broccoli with Toasted Garlic<br/>           Orange<br/>           Milk, Low Fat 1%</p>                                 | <p>Chili Con Carne<br/>           Brown Rice<br/>           Tossed Salad W/ Dressing<br/>           Canned Apricots<br/>           Milk, Low Fat, 1%</p>  | <p>Chicken Parmesan<br/>           Fettuccini With Sauce<br/>           Brussel Sprouts and Kale<br/>           Orange<br/>           Milk, Low Fat, 1%</p>   | <p>Soup of the day<br/>           Baked Salmon<br/>           Whole Wheat Bun<br/>           Carrot, Zucchini, Squash Blend<br/>           Red Bliss Potatoes<br/>           Banana<br/>           Milk, Low Fat, 1%</p> |
| <p><b><u>Dinner</u></b><br/> <b>Served 5:00pm-6:00pm</b><br/>           -Suggested Contribution of \$1.50<br/>           -Guests under 60 are required to pay \$3.00<br/>           -Tickets available 3:30pm to 5:50pm</p>     | <p>Butternut Squash Soup<br/>           Chicken Salad<br/>           Whole Wheat Bread<br/>           Mixed Green Salad W/ dressing<br/>           Orange<br/>           Milk, Low Fat, 1%</p>         | <p>Shepherd's Pie<br/>           W/ Ground Beef<br/>           Whole Wheat Dinner Roll<br/>           Garden Salad W/ dressing<br/>           Pineapple Tidbit<br/>           Milk, low fat, 1%</p> | <p>Egg Drop Soup<br/>           Chicken Stir Fry W/ Broccoli<br/>           Egg Noodles<br/>           Banana<br/>           Milk, Low Fat, 1%</p>  | <p>White Bean Soup<br/>           Cheese Ravioli<br/>           Tomato Sauce<br/>           Whole Wheat Garlic Toast<br/>           Baby Spinach Salad<br/>           Pear<br/>           Milk, Low Fat, 1%</p> | <p>Coconut Curry W/ Chick Peas and Spinach<br/>           Brown Rice and Pigeon Peas<br/>           Mixed Green Salad<br/>           Orange<br/>           Milk, Low Fat, 1%</p>   |



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| <b>WEEK 4</b>  | <b>MONDAY<br/>1/13</b>  | <b>TUESDAY<br/>1/14</b>   | <b>WEDNESDAY<br/>1/15</b>  | <b>THURSDAY<br/>1/16</b>   | <b>FRIDAY<br/>1/17</b>   |
|--|---|---|--|--|--|
| <p><b><u>Breakfast</u></b><br/>Served 8:30am-10:00am<br/>-Suggested Contribution of \$1.00<br/>-Guests under 60 are required to pay \$1.50<br/>-Tickets available 7:30am to 9:55am</p> | <p>Hard Boiled Eggs<br/>Turkey Bacon<br/>Cheerios<br/>Grits<br/>Orange<br/>Apple Juice<br/>Milk Low Fat, 1%</p>                                     | <p>Grilled Mozzarella and Tomato Sandwich<br/>Cheerios or Oatmeal<br/>Banana<br/>Orange Juice<br/>Milk Low Fat, 1%</p>                | <p>Farmer Market Individual Omelet<br/>Cornmeal or Raisin Bran Cereal<br/>Pear<br/>Pineapple Juice<br/>Milk Low Fat, 1%</p>  | <p>Rice Congee with Fish<br/>Shredded Wheat Cereal<br/>Whole Wheat Bread<br/>Orange<br/>Apple Juice<br/>Milk Low Fat, 1%</p>   | <p>Egg a la Mexicana<br/>Farina<br/>Raisin Bran Cereal<br/>Sliced Canned Peaches<br/>Orange Pineapple Juice<br/>Milk Low Fat, 1%</p> |
| <p><b><u>Lunch</u></b><br/>Served 12:00-1:00pm<br/>-Suggested Contribution of \$1.50<br/>-Guests under 60 are required to pay \$3.00<br/>-Tickets available 10:30am to 12:55pm</p>     | <p>Baked Vegetable Alfredo Pasta<br/>Whole Wheat Bread<br/>Broccoli W/ Red Peppers<br/>Tossed Salad W/ dressing<br/>Apple<br/>Milk, Low Fat, 1%</p> | <p>Baked Chicken<br/>Rice and Beans<br/>Kale with Tomato<br/>Yellow Plantains<br/>Orange<br/>Milk, Low Fat, 1%</p>                    | <p>Veggie Burger<br/>W/ Swiss Cheese<br/>Whole Wheat Bun<br/>Arugula Salad with Balsamic Vinegar<br/>Roasted Sweet Potato Fries<br/>Frozen Mixed Berries<br/>Milk, Low Fat, 1%</p> | <p>Keema Delicately seasoned<br/>Ground Beef<br/>Brown Rice<br/>Sautéed Bok Choy<br/>Banana<br/>Milk, Low Fat, 1%</p>          | <p>Baked Breaded Fish<br/>Yogurt Tartar Sauce<br/>Lemon Rice<br/>California Blend Vegetables<br/>Pears<br/>Milk, Low Fat, 1%</p>     |
| <p><b><u>Dinner</u></b><br/>Served 5:00pm-6:00pm<br/>-Suggested Contribution of \$1.50<br/>-Guests under 60 are required to pay \$3.00<br/>-Tickets available 3:30pm to 5:50pm</p>     | <p>Moroccan Chickpea stew<br/>W/ kale<br/>Brown rice<br/>Lemony Cucumber and Tomato Salad<br/>Canned Pineapple<br/>Milk, Low Fat, 1%</p>            | <p>Shepherd's Pie<br/>W/ Ground Beef<br/>Buttermilk Biscuit<br/>Whole Wheat Bread<br/>Sliced Canned Peaches<br/>Milk, low fat, 1%</p> | <p>Baked Whiting Fish Fillets<br/>Whole Wheat Bread<br/>Capri Vegetables<br/>w/ Cauliflower stuffing<br/>Canned Pineapple<br/>Milk, Low Fat, 1%</p>                                | <p>Pulled Pork sandwich<br/>Whole wheat bun<br/>Cabbage Slaw<br/>Roasted Sweet Potato Fries<br/>Apples<br/>Milk Low-fat 1%</p> | <p>Cheese Manicotti<br/>Garlic Bread<br/>Italian Green Beans<br/>Orange<br/>Milk, Low Fat, 1%</p>                                    |



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| <b>WEEK 5</b>  | <b>MONDAY<br/>1/20</b>                                    | <b>TUESDAY<br/>1/21</b>   | <b>WEDNESDAY<br/>1/22</b>  | <b>THURSDAY<br/>1/23</b>  | <b>FRIDAY<br/>1/24</b>  |
|--|---|---|--|---|---|
| <p><b><u>Breakfast</u></b><br/>Served 8:30am-10:00am<br/>-Suggested Contribution of \$1.00<br/>-Guests under 60 are required to pay \$1.50<br/>-Tickets available 7:30am to 9:55am</p> | <p><b>CENTER IS<br/>CLOSED<br/>Happy MLK<br/>DAY!</b></p> | <p>Scrambled Eggs<br/>Whole Wheat Mini Bagel<br/>Grits<br/>Orange<br/>Orange Juice<br/>Milk, low fat, 1%</p>                            | <p>Cheddar &amp; Swiss Cheese Sandwich on Whole Wheat Bread<br/>Cornmeal or Wheaties Cereal<br/>Apple<br/>Pineapple Juice<br/>Milk, low fat, 1%</p>                      | <p>Eggs Benedict<br/>Raisin Bran Cereal<br/>Apple Juice<br/>Canned Pineapple<br/>Milk Low Fat, 1%</p>   | <p>Cinnamon French Toast<br/>Turkey Sausage Link<br/>Farina<br/>Shredded Wheat Cereal<br/>Banana<br/>Orange Pineapple Juice<br/>Milk, Low Fat, 1%</p> |
| <p><b><u>Lunch</u></b><br/>Served 12:00-1:00pm<br/>-Suggested Contribution of \$1.50<br/>-Guests under 60 are required to pay \$3.00<br/>-Tickets available 10:30am to 12:55pm</p>     |   | <p>Baked Pork<br/>Whole Wheat Bread<br/>Cucumber Dill Salad<br/>Warm Potato Salad<br/>Canned Mandarin Oranges<br/>Milk, Low Fat, 1%</p> | <p>Eggplant Parmesan with Ricotta<br/>Garlic bread<br/>Bowtie Pasta<br/>Broccoli and Red Peppers<br/>Banana<br/>Milk, Low Fat, 1%</p> <p>Recipe is in food for fifty</p> | <p>BBQ Chicken Leg Quarters<br/>Whole Wheat Bread<br/>California Blend Vegetables<br/>Garlic Mashed Potatoes<br/>Orange<br/>Milk, low fat, 1%</p> | <p>Salmon Burger on Whole Wheat Hamburger Bun<br/>With Lettuce and Tomato<br/>Kosher Coleslaw<br/>Baked Apple<br/>Milk, low fat, 1%</p>               |
| <p><b><u>Dinner</u></b><br/>Contribution of \$1.50<br/>-Guests under 60 are required to pay \$3.00<br/>-Tickets available 3:30pm to 5:50pm</p>   |   | <p>Chicken Shawarma<br/>Wild Rice<br/>Okra w/Tomatoes<br/>Frozen Mixed Berries<br/>Milk, Low fat, 1%</p>                                | <p>Sticky Marmalade Glazed Baby Back Ribs or BBQ Chicken Breast<br/>Corn Bread, Baked Beans<br/>Pineapple<br/>Milk, Low Fat, 1%</p>                                      | <p>Lentil Soup<br/>Baked Fish Fillets<br/>Whole Wheat Bread<br/>Baked Sweet Potato<br/>Lima Bean Succotash<br/>Apple<br/>Milk, Low Fat, 1%</p>    | <p>Whole Wheat Cheese Pizza<br/>Baby Spinach Salad<br/>Canned Apricots<br/>Milk, Low Fat, 1%</p>  |



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| <b>WEEK 6</b>   | <b>MONDAY<br/>1/27</b>   | <b>TUESDAY<br/>1/28</b>   | <b>WEDNESDAY<br/>1/29</b>  | <b>THURSDAY<br/>1/30</b>  | <b>FRIDAY<br/>1/31</b>   |
|---|--|---|--|---|--|
| <p><b><u>Breakfast</u></b><br/> <b>Served 8:30am-10:00am</b><br/>           -Suggested Contribution of \$1.00<br/>           -Guests under 60 are required to pay \$1.50<br/>           -Tickets available 7:30am to 9:55am</p> | Scrambled Eggs w/Swiss Turkey Bacon<br>Grits<br>Raisin Bran Cereal<br>Apple Juice<br>Orange<br>Milk, Low Fat, 1%                 | Pancakes w/Berries<br>Turkey Sausage Patty<br>Shredded Wheat Cereal or Oatmeal<br>Apple<br>Orange Juice<br>Milk, Low Fat, 1%              | Buttermilk Biscuits<br>Hard Boiled Egg or Oven Fried Chicken<br>Raisin Bran or Cornmeal<br>Banana<br>Pineapple Juice<br>Milk, Low Fat, 1%                      | Coconut Banana French Toast<br>Veggie Sausage Link<br>Cheerios or Farina<br>Apple Juice<br>Canned Pears<br>Milk, Low Fat, 1%  | Soft Tacos eggs with Black Beans and Mixed Veggies, Tofu, Avocado<br>Oatmeal or Raisin Bran Cereal<br>Apple<br>Orange Pineapple Juice<br>Milk, Low Fat, 1% |
| <p><b><u>Lunch</u></b><br/> <b>Served 12:00-1:00pm</b><br/>           -Suggested Contribution of \$1.50<br/>           -Guests under 60 are required to pay \$3.00<br/>           -Tickets available 10:30am to 12:55pm</p>     | Stewed Chicken Breast<br>Brown Rice w/Mushrooms<br>Whole Wheat Bread<br>Sautéed Onions and Peppers<br>Apple<br>Milk, Low Fat, 1% | Swedish Meatballs With Beef & Turkey<br>Whole Wheat Bread<br>Cauliflower & Potato Mash<br>Sautéed Zucchini<br>Orange<br>Milk, Low Fat, 1% | Hungarian Goulash w/Beef<br>Egg Noodles<br>Whole Wheat Bread<br>Roasted Brussel Sprouts<br>Frozen Mixed Berries<br>Milk, Low Fat, 1%                           | Mushroom Barley Soup<br>Open– Faced Beet Reuben with Mozzarella and Thousand Island Spread<br>Baked Red Potato Wedges<br>Cucumber Dill Salad<br>Banana<br>Milk, Low Fat, 1% | Baked Tilapia Amandine<br>Couscous with Peas & Lemon<br>Whole Wheat Bread<br>Cabbage Carrot Slaw<br>Pear<br>Milk, Low Fat, 1%                              |
| <p><b><u>Dinner</u></b><br/> <b>Served 5:00pm-6:00pm</b><br/>           -Suggested Contribution of \$1.50<br/>           -Guests under 60 are required to pay \$3.00<br/>           -Tickets available 3:30pm to 5:50pm</p>     | Tuna Fish Salad on Pita<br>Cabbage and Apple Slaw<br>Red Bliss Potatoes<br>Canned Pineapple<br>Milk, Low Fat, 1%                 | Chicken & Broccoli Stir fry<br>Chinese Style Spaghetti<br>Carrots<br>Banana<br>Milk, Low Fat, 1%  | Beef Brisket with Tomatoes and Onions<br>Whole Wheat Bread<br>Homemade Mashed Potatoes<br>Polish Style Cabbage<br>Canned Mandarin Oranges<br>Milk, Low Fat, 1% | Eggplant Parmesan<br>Bowtie Pasta and Kasha<br>Tangy Green Beans<br>Pineapple<br>Milk, Low fat, 1%  | Minestrone Soup<br>Caesar Salad with Grilled Chicken<br>Cornbread<br>Baked Sweet Potato<br>Banana<br>Milk, Low Fat, 1%                                     |



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