

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Fish w/ Garlic Sauce Rice w/ Vegetables Broccoli & Red Peppers Milk, Fruit	4 Spiced Sweet Potatoes Veggie Burger Hamburger Bun Baby Spinach Salad Milk, Fruit	5 Salmon & Lentils Couscous w/ Peas & Lemon, Garden Salad Milk, Fruit	6 Escarole and White Bean Soup WW Cheese Pizza Beet Salad Milk, Fruit	7 Butternut Squash Soup Fish Sandwich French Fries Milk, Fruit
10 Baked Breaded Fish WW Dinner Roll Beet Salad Garlic Mashed Potatoes Milk, Fruit	11 Lentil Soup Eggplant Parmesan w/ Ricotta Pasta Lemon Garlic Escarole Fruit and Milk	12 Cauliflower Soup Spanish Style Fish WW Dinner Roll Mangu w/ Onions Milk, Fruit	13 Vegetarian Chili Brown Rice Corn Bread Baby Spinach Salad Milk, Fruit	14 Citrus Sesame Salmon White Rice Asian Cabbage Milk, Fruit
 HAPPY <i>Presidents</i> DAY CENTER CLOSED	18 Baked Ziti w/ "Meat" Sauce WW Bread California Blend Vegetables Milk, Fruit	19 Minestrone Soup WW Cheese Pizza WW Dinner Roll Tossed Salad Milk, Fruit	20 Egg Drop Soup Baked Salmon Lo Mein Broccoli with Toasted Garlic Milk, Fruit	21 Coconut Breaded Fish Brown Rice Stewed Okra and Tomatoes Milk, Fruit
24 Salmon Cakes Bowtie Pasta w/ Kasha Roasted Beets Milk, Fruit	25 Lentil Stew w/ Carrots & Turnips Veggie Sausage WW Dinner Roll Spinach Salad Mashed Potatoes Milk, Fruit	26 Egg Drop Soup Baked Fish w/ Garlic Sauce Brown Rice California Blend Vegetables Milk, Fruit	27 Stuffed Shells w/ Cheese WW Bread Broccoli w/ Toasted Garlic	28 Apricot Glazed 28 Salmon Brown Rice Asian Style Steamed Cauliflower Milk, Fruit

February 2020 Lunch Menu