

HAPPY NEW YEAR 2025

DINING ROOM MENU FOR JANUARY 2025 BERNARDI MULTIPURPOSE SENIOR CENTER

Dining Center
747-254-2579, Ext. 409

Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LUNCH IS SERVED AT 11:30A.M 12:30. MONDAY, -FRIDAY</p>	<p>Mary Lucero Dining Coordinator SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER</p>	<p>1) <i>Center is closed in observance of</i></p>  <p><i>New Year's Day</i></p>	<p>2) Asian Beef Stir Fry (Beef) **Mixed Asian Vegetables Brown Rice Beet Salad *Cantaloupe OR Tangerine LF Milk</p>	<p>3) *Orange Juice Vegetarian Chili ** Herb Roasted Carrots Mixed Salad Greens w/ French Dressing Cornbread Banana LF Milk</p>
<p>6) *Orange Juice Spaghetti w/ Meat Sauce (Ground Turkey) WG Spaghetti ** Broccoli Caesar Salad Caesar Dressing Fresh Pear or Peach LF Milk</p> <p style="text-align: center;">FOOD BANK</p>	<p>7) Beef Fajita Pinto Beans Tossed Green Salad w/ Cilantro Dressing WG Warm Tortilla *Pineapple & Mango Fruit Cup LF Milk</p>	<p>8) Mediterranean Chicken **Roasted Vegetables Lentil Salad w/ Cucumbers & Vinaigrette Dressing Brown Rice Pilaf Pita Bread *Cantaloupe OR Tangerine LF Milk</p>	<p>9) Baked Fish w/ Dijon Herbed Potato Salad OR Herb Roasted Potatoes *Creamy Coleslaw Whole Grain Roll Bake Apple or Apple Sauce LF Milk</p>	<p>10) Roast Turkey Breast **Fresh Baked yam or Sweet Potato ** Spinach Salad w/ French Dressing Whole Grain Stuffing *Kiwi OR Orange Lemon Pudding LF Milk</p>
<p>13) 14) Fish Creole Red Beans *Creamy Coleslaw WG Tortilla Pear or Plum LF Milk</p>	<p>14) Chicken Dijon Whole Grain Roll Herb Zucchini & Green Beans ***Chopped Salad w/ Kale, Lettuce, cucumber, Carrots w/Vinaigrette drsg Fresh Fruit in Season Low fat Milk</p>	<p>15) *Orange Juice Stuffed Bell Pepper (Ground Turkey) Mixed Vegetables Romaine Salad w/ Tomatoes & 1000 Island Drsg. Dinner Roll Apple and or Red Gelatin Cubes w/ Yogurt (Optional) Low fat Milk</p>	<p>16) Tuscan Bean Stew Roasted Cauliflower ** Spinach Salad Ranch Dressing Whole Grain Roll *Orange Low fat Milk</p>	<p>17) *Orange Juice Oven Fried Chicken **Seasoned Greens or Spinach Whipped Turnips Tossed Green Salad w/ 1000 Island Drsg Corn Bread Rice Pudding and or Fresh Fruit in Season Low fat Milk</p>
<p>20) CENTER CLOSED IN OBSERVANCE OF Martin Luther King Day</p> 	<p>21) Turkey Vegetable Stir-fry w/Lo Mein Noodles **Vegetables in Entrée *Cabbage, Cucumber, Radish Salad w/Sesame Drsg WG Bread Poached Ginger Pear Low fat Milk</p>	<p>22) Caribbean Chicken Corn ***Carrot, Bell Pepper, Celery Salad Brown Rice Pilaf Fresh Fruit in Season Low fat Milk</p>	<p>23) Turkey Bolognese w/ WG Penne Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/ Croustons Caesar Dressing Fruit Cup (apple & melon) LF Milk</p>	<p>24) Fish & Chips **Roasted Sweet Potato Wedges *Coleslaw WG Roll or WG Bread Fresh Peach OR Plum Tapioca Pudding (Optional) Low fat Milk</p>
<p>27) Southwest Shredded Chicken WG Tortilla Pinto Beans *Shredded Cabbage Mixed Salad Greens & Raddish w/Cilantro Drsg Fresh or Unsweetened Peaches OR Melon LF Milk</p>	<p>28) Shepherd's Pie (Beef) w/Mashed Potatoes Whole Grain Roll **Carrots Mixed Salad Greens w/ French Dressing *Kiwi Low fat Milk</p>	<p>29) Baked Fish Almandine Barley w/Herbs Green Beans w/Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber, w/ 1000 Drsg Yogurt Parfait w/Berries Low fat Milk</p>	<p>30) Cashew Chicken Green Peas Brown Rice *Beet & Mandarin Orange Salad Fresh Fruit in Season LF Milk</p>	<p>31) Garden Vegetable Lasagna WG Pasta w/ Zucchini & Mushrooms Tomato Sauce & Parmesan Cheese **Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange LF Milk</p>