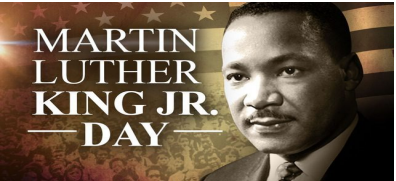


# Alicia Broadous-Duncan Dining Center

## January 2025 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>RIN MIYAMOTO</b> <i>Dining Coordinator</i> <b>SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER</b>	<b>1.</b> CENTER CLOSED IN OBSERVANCE OF 	<b>2.</b> <b>Asian Beef Stir Fry</b> Mixed Asian Vegetables Brown Rice Beet Salad *Cantaloupe OR Tangerine Low fat Milk	<b>3. *Orange Juice</b> <b>Vegetarian Chili w/Pinto &amp; Kidney Beans</b> Cornbread/Herb Roasted Carrots Mixed Salad Greens w/French Banana Drsg Low fat Milk
<b>6. *Orange Juice</b> <b>Spaghetti w/Meat Sauce (Turkey)</b> Broccoli Caesar Salad w/Caesar Dressing Fresh Pear OR Peach Low fat Milk	<b>7.</b> <b>Beef Fajita w/Peppers &amp; Onions</b> Whole Grain Tortilla Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk	<b>8.</b> <b>Mediterranean Chicken</b> Pita Bread/Brown Rice Pilaf Roasted Vegetables Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe OR Tangerine Low fat Milk	<b>9.</b> <b>Baked Fish w/Dijon</b> Whole Grain Roll Herbed Potato Salad OR Herbed Roasted Potatoes *Creamy Coleslaw Baked Apple OR Applesauce Low fat Milk	<b>10.</b> <b>Roast Turkey Breast w/Gravy</b> Whole Grain Stuffing Potato Fresh Baked Yam OR Sweet Spinach Salad w/French Dressing *Kiwi OR Orange Lemon Pudding (OPTIONAL) Low fat Milk
<b>13.</b> <b>Fish Creole</b> Whole Grain Tortilla Red Beans *Creamy Coleslaw Pear OR Plum Low fat Milk	<b>14.</b> <b>Chicken Dijon</b> Whole Grain Roll Herb Zucchini & Green Beans Chopped Salad w/Kale, Lettuce, Cucumber & Carrots w/Vinaigrette Dressing Fresh Fruit in Season Low fat Milk	<b>15. *Orange Juice</b> <b>Stuffed Bell Pepper (Turkey)</b> Dinner Roll Mixed Vegetables Romaine Salad w/Tomatoes & 1000 Island Dressing Apple AND/OR Red Gelatin Cubes w/Yogurt (OPTIONAL) Low fat Milk	<b>16.</b> <b>Tuscan Bean Stew</b> Whole Grain Roll Roasted Cauliflower Spinach Salad w/Ranch Dressing *Orange Low fat Milk	<b>17. *Orange Juice</b> <b>Oven Fried Chicken</b> Corn Bread Seasoned Greens OR Spinach Whipped Turnips Tossed Green Salad w/1000 Island Dressing Fresh Fruit AND/OR Rice Pudding Low fat Milk
<b>20. CENTER CLOSED IN OBSERVANCE OF</b> 	<b>21.</b> <b>Turkey Vegetable Stir Fry</b> w/Lo Mein Noodles Whole Grain Bread *Cabbage, Cucumber, & Radish Salad w/Sesame Dressing Poached Ginger Pear Low fat Milk	<b>22.</b> <b>Caribbean Chicken</b> Brown Rice Pilaf Corn Carrot, Bell Pepper, & Celery Salad Fresh Fruit in Season Low fat Milk	<b>23.</b> <b>Turkey Bolognese w/Penne Pasta</b> Squash Herbed Zucchini & Yellow Caesar Salad w/Croutons & Caesar Dressing Fruit Cup (Apple & Melon) Low fat Milk	<b>24.</b> <b>Fish &amp; Chips</b> Whole Grain Roll OR Bread Roasted Sweet Potato Wedges *Coleslaw Fresh Peach OR Plum Tapioca Pudding (OPTIONAL) Low fat Milk
<b>27. FOOD BANK 9-11AM</b> <b>Southwest Shredded Chicken</b> Whole Grain Tortilla Pinto Beans *Shredded Cabbage, Mixed Salad Greens & Radish w/Cilantro Dressing Fresh OR U/S Peaches OR Melon Low fat Milk	<b>28.</b> <b>Shepherd's Pie (Beef) w/Mashed Potatoes</b> Whole Grain Roll Carrots Mixed Salad Greens w/French Dressing *Kiwi Low fat Milk	<b>29.</b> <b>Baked Fish Almandine</b> Barley w/Herbs Green Beans w/Herbs Spinach Salad w/Kale, Bell Pepper, & Cucumber w/1000 Yogurt Parfait w/Berries Drsg Low fat Milk	<b>30.</b> <b>Cashew Chicken</b> Brown Rice Green Peas *Beet & Mandarin Orange Salad Fresh Fruit in Season Low fat Milk	<b>31.</b> <b>Garden Vegetable Lasagna w/Zucchini &amp; Mushrooms &amp; Parmesan Cheese</b> Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk

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

\*Vitamin C Source