| MONDAY | WEDNESDAY | FRIDAY |
|---|--|---|
| 3 | 5 | 7 |
| Beef & Lentil Chili Brown Rice Carrots Wheat Bread Mandarin Oranges | Butternut Bisque Roast Pork Rosemary Gravy Yukon Gold Potatoes Rye Bread Vanilla Yogurt | Salisbury Steak Jardinière Gravy Sour Cr & Chive Mashed Potatoes Green Beans Multigrain Bread Fig Bar |
| 10 | 12 | 14 |
| Minestrone Soup Breaded Chicken Parmesan Cavatappi Pasta Italian Bread Apricots | Roast Turkey Herb Gravy Bread Stuffing Scandinavian Blend Veggies Multigrain Bread Fresh Fruit | Potato Pollock Tartar Sauce Butternut Squash Mixed Vegetables Wheat Bread Fruit Yogurt |
| 17 | 19 | 21 |
| Presidents Day Holiday No Meals Served | White Bean Kale Soup Vegetable Lasagna Roll Up Dinner Roll Mixed Fruit | Roast Pork Apple Gravy Mashed Sweet Potatoes Spinach Multigrain Bread Fresh Fruit |
| 24 | 26 | 28 |
| Vegetable Soup Grilled Chicken Breast Honey Ginger Glaze Vegetable Fried Rice Wheat Dinner Roll Fortune Cookie Gingerbread Cake | Gypsy Soup Baked Pollock Loin Florentine Sauce Orzo Pilaf with Spinach Multigrain Bread Fresh Fruit | Macaroni & Cheese Stewed Tomatoes Wheat Bread Lorna Doones |

For questions about the nutritional information in this menu or your nutritional needs, contact:

Denise Mercury RD, LDN

d.mercury@ minutemansenior.org