






February 2018

*HDM to receive Option A.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tuna Salad Sandwich on Artisan Ciabatta Roll	 2 Chicken Teriyaki <i>Low Sodium</i> Oven Roasted Chicken, House Made Ginger Teriyaki Sauce, Fresh Green Onion
5 BBQ Pulled Pork Sandwich BBQ Sauce, Pork & Hoagie	6 A) Chile Egg Puff Or B) Greek salad with Turkey	7 Asian Sesame Chicken Salad Romaine, Chicken, Won Ton Strips, Mandarin & Asian Sesame Vinaigrette	8 Spaghetti and Meatballs Classic Italian Meal!	9 Kalbi Beef Korean Style Beef Strips in Sweet & Savory Sauce Over Wild Brown Rice
12 Lemon Herb Chicken Chicken topped with Lemon Glaze and Fresh Herbs	13 Shepard's Pie Layered meat, mashed potatoes and vegetables topped with savory gravy	14 Fish Teriyaki <i>Low Sodium</i> Oven Roasted Cod, House Made Ginger Teriyaki Sauce, Fresh Green Onion	15 Mediterranean Pork Stew "NEW RECIPE" Pork, Mediterranean Herbs & Spices, Vegetables & Olives	16 Napa Almond Chicken Salad Sandwich Apples, Grapes, Chicken, Celery
19  CLOSED In Observance of President's Day	20 Honey BBQ Chicken Chicken topped with a Honey BBQ Glaze	21 Teriyaki Turkey Burger Savory turkey patty, sweet baby greens, feta cheese, Greek dressing, artisan whole grain roll	22 Pescado Veracruz Roasted cod loin topped with Pico de Gallo sauce and cheddar cheese.	23 Pork Hash Slovenian dish made of minced pork, potatoes, onion, garlic, cheese baked in an egg scramble.
26 Coconut Curry Chicken Chicken topped off with a slow simmered Coconut Curry Sauce	27 Egg Salad Sandwich on Wheatberry Bread In-house made to ensure freshness!	28 Balsamic Chicken A Senior Center Favorite! Chicken with Balsamic Sauce	