

*Mystic Valley Elder Services .... Senior Dining Choice Menu ... February 2010*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Spilt Pea Soup/crax.</b> Open Face Chicken Cordon Bleu Herbed Rice/Zucchini Bread OR Roast Beef/Cheese On lettuce leaf Lite Mayo/Cole Slaw Three Bean Salad/Bread <b>Mandarin Oranges</b>	2 <b>Potato Chowder/Crackers</b> Salisbury Steak Brown gravy Whipped Butternut Squash Green and Wax Beans/Biscuit OR Egg Salad/Lettuce Leaf Spinach Mandarin Orange Balsamic Vinaigrette Pasta/Bread <b>Fresh Fruit</b>	3 <b>Vegetable Soup/Crackers</b> American Chop Suey Grated Parmesan Cheese Broccoli & Cauliflower/Bread OR <b>Seafood Salad***</b> /lettuce leaf Tossed Salad w/ Lite Italian Dressing Macaroni Salad Bread <b>Peaches</b>	4 <b>Winter Soup/crackers</b> Roast Pork/Brown gravy Mashed Potatoes Peas & Onions Bread OR Tuna Salad/Lettuce Leaf/Potato Salad Rivera Salad/Bread <b>Banana Cake</b>	5 <b>Tomato Soup/Crackers</b> Breaded Fish Broccoli Cheese Sauce/Spinach Red Bliss Potatoes/Bread OR Sliced Turkey/American Cheese Lite Mayo/Lettuce Leaf Broccoli Tomato Salad German Potato Salad/Bread <b>Vanilla Pudding/Topping</b>
8 <b>Vegetable Soup/Crackers</b> Turkey Broccoli Penne Casserole Carrots/Bread OR Egg Salad on a lettuce leaf Beet Salad Cole Slaw Bread <b>Pineapples</b>	9 <b>Split Pea Soup/Crackers</b> Baked Crumb Topped Macaroni and Cheese Broccoli /Bread OR Chicken Salad On a Lettuce Leaf Tomato Cucumber Salad Greek Pasta Salad/Bread <b>Fresh Fruit</b>	10 <b>Tomato Soup/Crackers</b> Meatloaf/Mushroom Gravy Mashed Potatoes Green Beans/Bread OR <b>Seafood Salad***</b> /Lettuce Leaf Pasta Salad w/ cheese Carrot Raisin Salad Hamburger Roll <b>Chocolate Pudding/topping</b>	11 <b>Valentines Day Special</b> Italian Garden Vegetable Soup/Crax Chicken w/Apple Raisin Bread Stuffing Sweet Potato Spinach & Mushrooms Cinnamon Dinner Roll Raspberry Filled Cookie	12 <b>Corn Chowder Soup/crax.</b> Salmon Boat w/Lemon Sauce Zucchini Red Bliss Potatoes/Dinner Roll OR Roast Beef /American Cheese Lettuce Leaf/Lite Mayo Corn Salad Spinach Mandarin Salad/Bread <b>Mandarin Oranges</b>
15 <b>Washington's Birthday</b>	16 <b>Tomato Florentine soup/crax.</b> Chicken Marsala Parsley Buttered Noodles Green Beans/Whole Wheat Roll OR Breaded Chicken Patty Lite Mayo/Lettuce Leaf Potato Salad/Roman Blend Salad Hamburger Roll <b>Pineapples</b>	17 <b>Mushroom Barley Soup/Crackers</b> Pier 17 Fish/Lemon pepper sauce Red Bliss Potatoes Italian Blend Veg/Bread OR Egg Salad/Lettuce Leaf Lo Mein Pasta Salad Cucumber Creamy Dill Salad/Bread <b>Frosted Chocolate Birthday Cake w/Sprinkles</b>	18 <b>Reduced Sodium Hot Dog***</b> Baked Beans Cole Slaw Ketchup/ mustard /relish Hot Dog Roll OR Turkey Salad on a lettuce leaf German Potato Salad Cauliflower Carrot Salad/Bread <b>Pears</b>	19 Crab Cakes/Creamy Red Pepper Sauce Mashed Potatoes Brussels Sprouts/Bread OR Tuna Salad/Lettuce Leaf Greek Pasta Salad Tossed Garden Salad Lite French Dressing/Bread <b>Tapioca Pudding/Top</b>
22 <b>Vegetable Soup /Crackers</b> Stuffed Pepper/Tomato Sauce 3 Bean Medley Carrots/Bread OR Turkey/Mozzarella Cheese Lite mayo /Corn Salad Cole Slaw/Bread <b>Peaches</b>	23 <b>Broccoli Cheese Soup/Crackers</b> Pot Roast/Gravy Whipped Potatoes/Beets Dinner Roll OR Chicken Salad/Lettuce Leaf English Pea salad Riviera Blend Salad Hamburger Roll <b>Pears</b>	24 <b>Vegetable Barley Soup/crax.</b> Baked Chicken/Gravy Cranberry Sauce Green Beans Sweet Potatoes/Bread OR Roast Beef /American Cheese Lite mayo/Lettuce & Tomato Beet Salad/German Potato Salad Bread <b>Fresh Fruit</b>	25 <b>Minestrone Soup/Crackers</b> Baked Ziti/Meatball Parmesan Cheese Broccoli Cauliflower Mix/Bread OR Tuna Salad Spinach Mandarin Orange Salad w/ lite Dsg Pasta Salad w/ cheese/Bread <b>Carnival Cookie</b>	26 <b>Lentil Soup/Crackers</b> Breaded Fish Au gratin Brown Rice Spinach/Bread OR Egg Salad/Mixed Vegetable Salad Potato Salad/Bread <b>Ice Cream Cup</b>

Items in **Bold** are for both Menu choices on days when 2 entrees are offered. A donation of \$1.50 per meal is suggested. **\*\*\* High Sodium Meal \*\*\*** For individuals with food allergies, please contact the meal site coordinator for a list of foods, which contain common food allergens.