

JANUARY 2013 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 HAPPY NEW YEAR! CENTER CLOSED	2 Chicken and Vegetable Soup, Garlic Breadstick and Fresh Fruit Salad	3 Baked Teriyaki Pork Chops, Couscous, Snap Peas and Mandarin Oranges	4 Beef Tips with Demi-Glace, Spinach Salad and Kiwi
7 Bean Bolognese with Tomato, Squash, Zucchini, Broccoli over Whole Wheat Pasta and Grapes	8 Tortilla Pizza Rolls with Cheese & Marinara, Cucumber Slices and Fresh Fruit Salad	9 Chef Salad, Garlic Breadstick and Orange Slices	10 Cream of Potato Soup, Cheese Cubes, Whole Wheat Crackers and Kiwi	11 Jamaican Jerk Beef Salad, Whole Wheat Roll and Apple Slices
14 Shredded Beef Tacos with Lettuce, Tomato, Black Beans and Mango Salad	15 Turkey BLT Wrap, Pepper Slices and Winter Fruit	16 Citrus Chicken Salad, Whole Wheat Breadstick and Fruit Toss	17 Broccoli & Pepper Strata with Grapes	18 Sweet & Sour Chicken, Stir Fry Veggies and Brown Rice
21 Turkey Marinara Pasta Bake with Tomato, Spinach & Broccoli, and Pineapple Chunks	22 Egg Salad Sandwich, Cucumber and Tomato Salad with Orange Slices	23 French Toast Casserole, Turkey Sausage, Kiwi and Banana Medley	24 Ground Beef Taco Salad in a Mini-Bowl with Grapes	25 Chicken & White Bean Salad over Lettuce, Parmesan Bread Knot and Seasonal Fruit
28 Chicken, Noodles, Carrots & Celery with Grapefruit	29 Turkey Waldorf Salad with Grapes and a Whole Wheat Breadstick	30 On the Go Peanut Butter and Banana Wrap with Snap Peas	31 Asian Chicken Salad, Whole Wheat Roll and Fruit Salad	

*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.