

February 2012

Senior Lunch Program Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Senior Lunch Program is funded by: The Office on the Aging, U.S.D.A., Project Open Hand & Senior Participants	This menu is subject to change without notice. (Milk is served every day.)	1 Garden Salad w/ Tomato & Dressing Turkey Chili Cornbread +Cauliflower Sliced Pears	2 Cream of Vegetable Soup 5-Spice Chicken Drumstick w/ 5-Spice BBQ Sauce Brown Rice Asian Blend Vegetable Banana	3 +Coleslaw Oven Baked "Fried" Catfish w/Tartar Sauce & +Lemon Wedge Cajun Brown Rice *Peas & Carrots Pineapple Chunks	4 *+Asian Slaw Soy Sauce Chicken Steamed Rice +Braised Bok Choy +Fresh Mandarins	5 *Minestrone Soup Roast Turkey w/ Sage Pan Gravy Stuffing Italian Blend Vegetables +Seasonal Fresh Citrus
6 +Marinated Vegetable Salad White Bean Chicken Chili Cornbread *Carrots Fruit Cocktail	7 Corn Chowder Hamburger Steak w/ Mushroom Sauce +Braised Cabbage Whole Wheat Roll & Margarine Banana	8 +Chilled Orange Juice BBQ Chicken w/ Sauce Mashed Red Potatoes *Fiesta Blend Vegetables Whole Wheat Bread & Margarine Dessert	9 *Tuscan Bean Soup Whole Wheat Penne Pasta w/ Pork Sausage, Pepperonata Tomato Sauce & Parmesan Cheese +Broccoli Seasonal Fresh Fruit HIGH SODIUM MEAL	10 +Mandarin Roasted Fennel Slaw Tilapia w/ Teriyaki Glaze Brown Rice Green Beans Sliced Peaches	11 *Coleslaw Basque Chicken Quarters w/ Sauce Creamy Polenta +Broccoli Seasonal Fresh Fruit	12 Garden Salad w/ Tomato & Dressing Herbed Baked Mahi Mahi w/Curry Sauce Whole Wheat Couscous Pilaf Normandy Blend Vegetables +Orange
13 Garden Salad w/ Tomato & Dressing Rosemary Roasted Chicken & Caramelized Onion Sauce Parsley Egg Noodles *Normandy Blend Vegetables +Pineapple & Mandarin Salad	14 *Asian Slaw +Pork Stir Fry w/ Chow Mein ++Seasoned Bok Choy Banana	15 *Vegetable Soup Baked Catfish with Salsa Verde Riviera Blend Vegetables Polenta +Seasonal Fresh Citrus	16 +Grape Juice Beef Taco Salad with Mixed Greens & ++Salsa on a bed of Tortilla Chips Brown Spanish Rice +Southwest Black Beans Dessert	17 +Cream of Broccoli Soup Turkey & Mushroom Sloppy Joe On a Whole Wheat Bun Corn Sliced Pears	18 Roast Pork Loin w/ Creamy Mushroom Sauce Mashed Potatoes +Broccoli Whole Wheat Roll w/ Margarine Seasonal Fresh Fruit	19 Garden Salad w/ Tomato & Dressing Chicken Fajita on a Flour Tortilla w/ shredded lettuce & Salsa Corn +Mandarin Orange Slices
20 +Chilled Apple Juice BBQ Chicken w/ Sauce Mashed Red Potatoes *Fiesta Blend Vegetables Whole Wheat Bread & Margarine Dessert President's Day Weekend Sites Only	21 *Tortilla Vegetable Soup +Pork Chile Rojo Brown Rice Corn Pineapple Chunks	22 +Broccoli Salad Seasoned Baked Tilapia w/ Tomato Herb Sauce w/ Mushrooms Creamy Polenta *Peas & Carrots Sliced Pears	23 Vegetarian Vegetable Soup Mongolian Beef White Rice Green Beans +Mandarin Orange Slices	24 ++Potato salad Oven Baked Fried Chicken w/ Creamy Chicken Gravy Whole Wheat Bread & Margarine ++ Collard Greens Seasonal Fresh Fruit Celebrating BLACK HISTORY MONTH	25 *Garden Salad w/ Tomato & Dressing Three Bean Chili w/ Cheese Cornbread Vegetable Medley +Seasonal Fresh Citrus	26 Potato Salad Chicken w/ Mushroom Gravy Whole Wheat Bread & Margarine *Riviera Blend Vegetables +Seasonal Fresh Fruit
27 +Borscht w/ Sour Cream Beef Stroganoff Egg Noodles Riviera Blend Vegetables Fruit Cocktail	28 *Garden Salad w/ Tomato & Dressing Singapore Chicken Curry Brown Rice +Broccoli Banana CONTAINS PEANUTS	29 *Navy Bean Soup Baked Catfish w/ Mushroom Herb Sauce w/Lemon Zest Cavatappi Pesto Salad Fiesta Blend Vegetables + Seasonal Fresh Citrus	FOOD KEY:  + Vitamin C * Vitamin A	<i>All menus have no more than 800 milligrams of sodium. In the rare instance a menu has more than 1000 milligrams of sodium, it will be labeled a High Sodium Meal.</i>		

Annual Consumer Satisfaction Survey

From February 1 through February 12, **Project Open Hand** will be conducting their annual *Senior Lunch Program Consumer Satisfaction Survey*. The survey forms will be distributed to the various POH meal sites and are available in English, Chinese & Spanish. We ask that you please request a copy from your meal site manager and complete it. This is your best opportunity to let us know what you think of our food and service.

We thank you for supporting our program.

Observance of Lent

We get many requests each year to observe Lent by refraining from serving beef, pork or poultry on Fridays during this season. To honor these requests, we will be serving fish on Ash Wednesday, February 22 and every Friday through April 6.

The only exception during this period will be on February 24, in which a special menu has been selected for Black History Month.



Project Open Hand
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www.openhand.org

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Office Hours: 9:00am – 5:00pm

Julie Wasem, Director
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Amy Aberle, Head Chef/Production Manager
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Black History Month

Black History Month is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

We are serving a special meal on February 24 in celebration of Black History Month.

