

February 2015

Lunch Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 Sliced Turkey Mashed Sweet Potatoes Brussels Sprouts Wheat Roll Fresh Fruit	3 Smothered Chicken Whipped Potatoes Glazed Carrots Wheat Roll Pineapple Tidbits	4 Beef & Rice Casserole Corn Green Beans Texas Bread Fresh Fruit	5 Lemon Pepper Chicken Green Peas Okra & Tomatoes Wheat Bread Fresh Fruit	6 Pork Roast Lima Beans Mustard Greens Cornbread Banana
9 Chicken Jambalaya Green Beans Sliced Carrots Wheat Roll Fresh Fruit	10 Meatballs w/Gravy Rice Mixed Veggies Tossed Salad Fresh Fruit	11 Chicken Salad Mixed Green Salad Cole Slaw Pita Bread Fresh Fruit	12 Chili w/ Beans Corn Broccoli Saltine Crackers Peaches	13 Chicken Alfredo Italian Green Beans Baby Carrots Fresh Fruit Texas Bread Mousse
16 <i>President's Day Holiday</i>	17 Cranberry Dijon Pork Field Peas Sliced Carrots Wheat Bread Banana	18 Sliced Turkey Breast Green Beans Lima Beans Wheat Roll Tropical Fruit	19 Hamburger on Bun Baked Beans Lettuce / Tomato Mixed Fruit Cobbler	20 Chicken and Dumplings Corn O'Brien Spinach Wheat Bread Fresh Fruit
23 Sausage and White Beans Capri Veggies Broccoli Casserole Wheat Roll Fresh Fruit	24 Meatloaf O'Brien Potatoes Mixed Greens Cornbread Fresh Fruit	25 Tuna Salad Three Bean Salad Corn Relish Salad Saltine Crackers Fresh Fruit	26 Italian Beef & Macaroni Green Peas Tossed Salad Wheat Bread Mixed Fruit Cobbler	27 Honey Mustard Chicken Black-eyed Peas Okra & Tomatoes Wheat Roll Cake & Ice Cream
<i>Low fat Milk available with each meal</i>		<i>We all know about dark chocolate's health benefits. Try having it with some fresh berries for an added nutrition boost, but exercise moderation!</i>		

Menu approved by: *Registered Dietitian Jon Vredenburg* and may be subject to change.
Call (904) 630-0911 for more information on nutrition programs for older adults in Jacksonville.