

TRI-CITY CAFÉ

FEBRUARY 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fish listed is a type of white fish. <u>NO</u> CATFISH</p> <p>+denotes vitamin C-rich foods *denotes vitamin A-rich foods</p>	<p><i>All menus have no more than 800 milligrams of sodium. In the rare instance a menu has more than 1,000 milligrams of sodium, it will be labeled a <u>Higher Sodium Meal</u>.</i></p> <p>1% Lowfat milk included.</p>	<p><i>For our vegetarian participants:</i></p> <p><i>Enjoy Meatless Mondays, and know that on other service days, you may enjoy a lunch of side dishes, which are mostly vegetarian.</i></p>	<p>Menu is subject to change without notice.</p>	<p>1 Moroccan Chicken Green Rice (Spinach) Steamed Carrots* with Cumin Soup du Jour Seasonal Fresh Fruit</p>
<p>4 Teriyaki Chicken Green Onion Rice Asian Vegetables Soup du Jour Mandarin Oranges</p>	<p>5 Cheesy Brown Rice Casserole with Mushrooms & Broccoli+ (Vegetarian) Seasoned Peas Garden Salad Warm Fruit Compote</p>	<p>6 Thai Fish Curry Soup Asian Slaw Whole Grain Crackers Seasonal Fresh Citrus</p>	<p>7 Rosemary Chicken with Garlic Wine Sauce Cheese Tortellini Fresh Steamed Carrots* Soup/Fresh Fruit</p>	<p>8 Chicken Sausage, Bell Pepper & Onion Sauté Red Beans & Rice Green Salad with Dressing Warm Apple Pie Applesauce</p>
<p>11 Jerk Chicken w/ Mango Salsa+ Coconut Rice (<i>Rice & Chicken together</i>) Seasoned Greens* Soup du Jour Spiced Pears</p>	<p>12 Spinach & Mushroom Lasagna (Vegetarian) SUNDAE TUESDAY Italian Green Beans Green Salad/ Warm Cinnamon Applesauce</p>	<p>13 Southwest Chicken Vegetable Soup Romaine Salad with Creamy Salsa Yogurt Dressing Tortilla Chips Seasonal Fresh Fruit</p>	<p>14 Chinese Food Chinese New Year Valentine Day February Birthdays</p>	<p>15 Baked Greek Fish (tomatoes+, onions, herbs) Brown Rice Pilaf Carrots Soup du Jour Warm Gingered Pears</p>
<p>18 PRESIDENT'S DAY CENTER CLOSED</p>	<p>19 Vegetable Enchilada Casserole (Vegetarian) Mexican Rice Garden Salad with Carrots Fruit Juice, Yogurt</p>	<p>20 Chicken-Lentil Curry Soup Mixed Green Salad with Garbanzo Beans and Thousand Island Dressing Whole Wheat Roll Seasonal Fresh Fruit</p>	<p>21 Latin Roast Pork Yellow Rice Cuban-style Black Beans Pineapple Coleslaw Warm Pear Crisp</p>	<p>22 Baked Tilapia with Herbed Tomato Sauce Creamy Polenta Zucchini Pepper Sauté Garden Salad with Dressing Seasonal Fresh Fruit</p>
<p>25 Herb-Garlic Baked Chicken Savory Stuffing Broccoli+ Soup du Jour Warm Spiced Peaches</p>	<p>26 Three-Bean Chili & Grated Cheddar – more beans! (vegetarian, soy crumble) Brown Rice Mixed Green Salad Ambrosia (w/ mandarins)+</p>	<p>27 Albondigas (Mexican beef meatball soup) WW Roll Garden Salad with Homemade Light Ranch Seasonal Fresh Citrus</p>	<p>28 Fish Veracruz Brown Rice Garlic Green Beans Soup du Jour Fresh Fruit+ (melon or banana)</p>	