



Adult Activity Center

Lunch Menu

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Menu A: Gourmet Chicken Salad (882 cal/100 carbs/765 Na) Menu B: Classic Tuna Salad (748 cal/95 carbs/965 Na) Side Items: Marinated Cucumber Salad, Pasta Salad, Multigrain Bread, Oat Bran Muffin	2 Menu A: Herb Glazed Turkey (655 cal/109 carbs/1483 Na) Menu B: Tilapia with Creamy Caper Sauce (735 cal/109 carbs/863 Na) Side Items: Whipped Sweet Potatoes, Mixed Vegetables, Texas Bread, Red Velvet Cupcake
5 Menu A: Orange Chicken (720 cal/97 carbs/884 Na) Menu B: Sweet and Sour Beef Meatballs (847 cal/118 carbs/1232 Na) Side Items: Jasmine Rice, Oriental Vegetables, Wheat Bread, Fortune Cookie	6 Menu A: Turkey Pasta Bolognese (620 cal/90 carbs/781 Na) Menu B: Cheese Ravioli with Spinach Alfredo Sauce (688 cal/106 carbs/913 Na) Side Items: Italian Herbed Broccoli, Sliced Carrots, Multigrain Bread, Chocolate Chip Cookie	7 Menu A: Mesquite Grilled Chicken Strips (922 cal/112 carbs/1163 Na) Menu B: Pork Carnitas (775 cal/111 carbs/989 Na) Side Items: Spanish Rice, Seasoned Black Beans, Flour Tortilla, Carrot Cake	8 Menu A: Cheeseburger (870 cal/111 carbs/1216 Na) Menu B: Gardenburger (719 cal/130 carbs/1111 Na) Side Items: Baked Beans, Lettuce and Tomato Hamburger Bun, Warm Rice Pudding	9 Menu A: Creamy Paprika Chicken Breast (622 cal/87 carbs/739 Na) Menu B: Salmon Croquette (634 cal/98 carbs/917 Na) Side Items: Black-Eyed Peas, Seasoned Cabbage, Texas Bread, Fruited Gelatin
12 Menu A: Chicken and Dumplings (738 cal/98 carbs/1033 Na) Menu B: Shepherd's Pie (713 cal/86 carbs/877 Na) Side items: Winter Blend Vegetable, Peas and Carrots, Saltine Crackers, Spice Cake	13 Menu A: Salisbury Steak with Mushroom Gravy (749 cal/95 carbs/1360 Na) Menu B: Honey BBQ Pork Rib Patty (767 cal/114 carbs/1053 Na) Side Items: Garlic Mashed Potatoes, Seasoned Spinach, Texas Bread, Brownie	14 Menu A: Sliced Turkey with Cranberry Compote (629 cal/89 carbs/1210 Na) Menu B: Maple Glazed Ham (634 cal/88 carbs/987 Na) Side Items: Cornbread Dressing, Herbed Green Beans, NO BREAD, Pumpkin Bar	15 Menu A: Homemade Meatloaf with Tomato Sauce (832 cal/128 carbs/1301 Na) Menu B: Creamy Dijon Pork Loin (787 cal/ 115 carbs/570 Na) Side Items: Parslied Noodles, Buttered Brussel Sprouts, Texas Bread, Fresh Banana	16 Menu A: Breaded Chicken Patty with Honey BBQ Sauce (902 cal/137 carbs/1067 Na) Menu B: Potato Crusted Pollock (781 cal/118 carbs/833 Na) Side Items: Confetti Rice, California Blend Vegetables, Multigrain Bread, Caramel Vanilla Pudding
19 Menu A: Chili Macaroni (667 cal/101 carbs/663 Na) Menu B: Italian Shells and Cheese (772 cal/112 carbs/970 Na) Side Items: Sliced Carrots, Steamed Yellow Squash, Texas Bread, Fresh Fruit	20 Menu A: Turkey Sausage with Gravy (701 cal/106 carbs/1246 Na) Menu B: Crustless Spinach and Mushroom Quiche (719 cal/105 carbs/982 Na) Side Items: Hashbrown Patty, Stewed Tomatoes, Biscuit, Fresh Orange	21 Menu A: Beef Enchiladas with Red Sauce (925 cal/137 carbs/1583 Na) Menu B: Chicken Fajitas with Onions and Peppers (915 cal/115 carbs/1283 Na) Side Items: Fiesta Rice, Charro Beans, Flour Tortilla, Blonde Brownie	22 Menu A: Swiss Burger (679 cal/84 carbs/1140 Na) Menu B: Shredded BBQ Pork (680 cal/107 carbs/1333 Na) Side Items: Crispy Cubed Potatoes, Lettuce and Tomato Hamburger Bun, Applesauce	23 Menu A: Pimento Cheese (746 cal/91 carbs/1266 Na) Menu B: Crab Macaroni Salad (642 cal/98 Carbs/1219 Na) Side Items: Marinated Cucumber Salad, Beet Salad, Multigrain Bread, Cherry Gelatin
26 Menu A: Chicken Etouffee (822 cal/104 carbs/580 Na) Menu B: Blackened Cajun Tilapia (662 cal/99 carbs/537 Na) Side Items: Brown Rice, Simmered Okra, Wheat Bread, Lemon Blueberry Cookie	27 Menu A: Chicken Soft Taco (673 cal/71 carbs/1043 Na) Menu B: Stuffed Bell Pepper Casserole (762 cal/94 carbs/1187 Na) Side Items: Cilantro Lime Corn, Mexican Style Tomatoes, Flour Tortilla, Chocolate Mousse	28 Menu A: BBQ Chopped Brisket (798 cal/118 carbs/1445 Na) Menu B: Chicken Tenders with Cream Gravy (887 cal/124 carbs/ 1635 Na) Side Items: Macaroni and Cheese, Peas and Carrots, Texas Bread, Banana Pudding	29 Menu A: Tuscan Chicken (780 cal/102 carbs/1066 Na) Menu B: Red Beans and Rice (770 cal/ 132 carbs/474 Na) Side Items: Sauteed Spinach, California Blend Vegetables, Cornbread Muffin, Fruited Gelatin	

are subject to change according to availability.