

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>RSS Offers Alternate Lunch</b></p> <ul style="list-style-type: none"> <li>• Tuna Salad</li> <li>• Eggs</li> <li>• Veggie Burger</li> <li>• Or Other Alternate</li> </ul> <p><b>Call the Office To Place Your Order by 11:30 &amp; Please do not change your order!</b></p>	<p>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.</p>	<p>1 <b>NEW YEARS' HOLIDAY CENTER CLOSED</b></p> 	<p>2 Nice Vegetable Soup Baked Fish with Black Bean Sauce Yellow Roasted Plantain Whole Wheat Bread Steamed Spinach Apple Sauce</p>	<p>3 Chicken Chasseur Apple and Walnut Stuffing Whole Wheat Bread Capri Blend Vegetables Orange Pineapple Juice Sliced Canned Peaches</p>
<p>6 Coconut Curried Cod Fish Rice with Vegetables Whole Wheat Bread Steamed Broccoli Apple Juice Canned Mandarin Oranges</p>	<p>7 Chicken Caprese Kasha Whole Wheat Bread Steamed Spinach Orange</p>	<p>8 Beef Pot Roast Homemade Mashed Potatoes Whole Wheat Bread Zucchini with Onions and Peppers Orange Pineapple Juice Slice Canned Peaches</p>	<p>9 Smothered Pork Chops Mashed Sweet Potatoes Whole Wheat Bread Oriental Blend Applesauce Grape Juice</p>	<p>10 Lentil Soup Chicken Spaghetti Whole Wheat Bread Collard Greens Apple Juice Frozen Mixed Berry</p>
<p>13 Split Pea Soup Baked Breaded Fish Baked Potatoes Whole Wheat Bread Normandy Blend Banana Grape Juice</p>	<p>14 Chicken Fricassee Quinoa with Kale and Carrots Whole Wheat Bread California Blend Vegetables Fruit Cocktail Orange Pineapple Juice</p>	<p>15 Beef and Turkey Meatloaf with Mushroom Gravy Smashed Red Potatoes Whole Wheat Bread Steamed Broccoli Apple</p>	<p>16 Jumbo Stuffed Shells with Spinach Whole Wheat Bread Mixed Green Salad Applesauce Grape Juice</p>	<p>17 Oven Fried Chicken Baked Sweet Potatoes Collard Greens Pecan Pie Whole wheat Bread</p>
<p>20 <b>MARTIN LUTHER KING HOLIDAY CENTER CLOSED</b></p> 	<p>21 Baked Fish with Garlic Sauce Egg Noodle Brussels Sprouts Fruit Cocktail Whole Wheat Bread Apple Juice</p>	<p>22 Eggplant Parmesan Bowtie Pasta Whole Wheat Bread Steamed Kale Canned pineapple Grape Juice</p>	<p>23 Black Bean Soup Chicken Shawarma (Oven Roasted) Home Fires with Peppers and Onions Whole Wheat bread Mixed Green salad Orange</p>	<p>24 Hungarian Goulash with Beef Egg Noodles Whole Wheat Bread Steamed Spinach Canned Pears Orange Pineapple Juice</p>
<p>27 Turkey Meatloaf with Mushroom Gravy Smashed Mixed Potatoes and Cauliflower Whole Wheat Bread Baby Carrots with Parsley Orange</p>	<p>28 <b>BIRTHDAY PARTY</b> Baked Salmon with Lemon Sauce Rice with Vegetables Whole Wheat Bread Broccoli with Toasted Garlic Orange Pineapple Juice Slice Canned Peaches Cake/Ice Cream</p>	<p>29 Soup Baked Ziti with Meat Sauce Whole Wheat Bread Garden Salad Fruit Cocktail Orange Pineapple Juice</p>	<p>30 <b>LUNAR NEW YEARS'</b> Chicken and Broccoli Stir Fry Brown Rice with Mushrooms Whole Wheat Bread Oriental Blend Banana Fortune Cookies</p> 	<p>31 Stuffed Peppers with Turkey Whole Wheat Bread Roasted Eggplant Steamed Cauliflower Apple Juice Sliced Canned Peaches</p>