

Asian Menu	Good For Your Health Menus					Asian Menu							
	Winter December 9 - 15, 2019												
MONDAY Dec. 9		TUESDAY Dec. 10		WEDNESDAY Dec. 11		THURSDAY Dec. 12		FRIDAY Dec. 13		SATURDAY Dec. 14		SUNDAY Dec. 15	
Pancake with Warm Syrup Breakfast Meat Hot Oatmeal Pineapple Juice		Fried Egg Buttered Wheat Toast Raisin Bran Apple Juice		Vegetable Sausage Skillet Buttered Wheat Toast Hot Farina Grape Juice		Baked Spanish Omelet Buttered Wheat Toast Toasted Oats Blended Juice		French Toast Casserole Breakfast Meat Hot Oatmeal Orange Juice		Meat & Cheese Breakfast Sandwich Raisin Bran Pineapple Juice		Scrambled Egg Apple Raisin Bran Muffin Hot Oatmeal Apple Juice	
Lunch:		Lunch:		Lunch:		Lunch:		Lunch:		Lunch:		Lunch:	
3 Bean Chili Tossed Green Salad with Dressing Cornbread with Green Chillies Citrus Chiffon Delight		<u>Herb Encrusted Beef Roast</u> <u>Mashed Potatoes with Gravy</u> Zesty Spinach <u>Garlic Bread</u> Triple Fruit Crisp		<u>Fish Italiano</u> <u>Creamy Risotto Style Rice</u> Broccoli with Garlic <u>Cucumber Onion Salad</u> Cherry N Cream Square		<u>Roast Turkey Seasoned Sauce</u> <u>Tuscan Roasted Potatoes</u> Green Beans with Red Peppers <u>Wheat Roll</u> Apple Streusel Pie		<u>Beef Goulash</u> <u>Egg Noodles</u> <u>Sage Seasoned Carrots</u> <u>Wheat Roll</u> Ice Cream		<u>Sweet Dijon Chicken</u> <u>Savory Mushroom Rice</u> <u>Dilled Brussels Sprouts</u> <u>Mixed Greens Salad</u> Double Chocolate Brownie Delight		<u>Roast Pork</u> <u>Maine Cranberry Relish</u> <u>Sweet Potatoes</u> Peas with Onions <u>Wheat Roll</u> Pumpkin Dessert Bar	
Lunch Alternate:		Lunch Alternate:		Lunch Alternate:		Lunch Alternate:		Lunch Alternate:		Lunch Alternate:		Lunch Alternate:	
Hoisin Meatballs Rice & Juice		Szechuan Beef with Vegetables, Rice and Juice		Lemon Baked Fish Fried Rice, & Juice		Chicken Pad Thai Juice		Oriental Broccoli Beef Rice, & Juice		Ginger Chicken Stir Fry with Green Beans, Rice, Juice		Pork Slices in Hoisin Sauce, Imperial Noodles, Juice	
Dinner:		Dinner:		Dinner:		Dinner:		Dinner:		Dinner:		Dinner:	
<u>Split Pea Soup</u> <u>Turkey Salad Sandwich</u> <u>Potato Chips</u> Pineapple with Cinnamon Ginger Sauce		<u>Chicken Chop Suey</u> <u>Chinese Noodles</u> Oriental Green Salad with Asian Sesame Dressing Tapioca Pudding		<u>Cream of Mushroom Soup</u> <u>Smokey Beef Hamburger on a Bun</u> <u>Lettuce & Tomato</u> Fresh Fruit		<u>Lentil Pumpkin Soup</u> <u>Three Cheese Ham Pasta Bake</u> Zucchini with Italian Herbs Mandarin Oranges with Whipped Cream		<u>Italian Vegetable Soup</u> <u>Combination Pizza</u> Tossed Green Salad with Dressing Fresh Fruit Cup		<u>Breaded Fish Fillet</u> <u>Tartar Sauce</u> <u>French Fries</u> Confetti Coleslaw <u>Cornbread Muffin</u> Fruited Cherry Gelatin		<u>Cheese Ravioli</u> <u>Marinara Sauce</u> Italian Green Salad with Dressing <u>Garlic Bread</u> Peanut Butter Cookie	
Dinner Alternate:		Dinner Alternate:		Dinner Alternate:		Dinner Alternate:		Dinner Alternate:		Dinner Alternate:		Dinner Alternate:	
Kung Pao Chicken Noodles Stir Fry Vegetables & Juice		Sesame Noodles with Chicken & Cabbage Juice		Beef Chow Mein with Chinese Noodles, Asian Vegetables & Juice		Shrimp Fried Rice Juice		Pan Fried Tofu with Spicy Sauce & Noodles Juice		Whole Steamed Fish with Spicy Asian Noodles Juice		Tofu Chop Suey Chinese Noodles Juice	

Milk, Juice and Beverage Offered with Every Meal; Underlined items may be replaced with alternate items below them; RDs for Healthcare, Inc.

Asian Menu	Good For Your Health Menus					Asian Menu
	December 16 - 22, 2019					
	Winter				Week 2	
MONDAY Dec. 16	TUESDAY Dec. 17	WEDNESDAY Dec. 18	THURSDAY Dec. 19	FRIDAY Dec. 20	SATURDAY Dec. 21	SUNDAY Dec. 22
Fried Egg Buttered Wheat Toast Toasted Oats Grape Juice	Biscuit & Gravy Fruit Cup Raisin Bran Cereal Blended Juice	Waffle Warm Syrup Breakfast Meat Hot Oatmeal Orange Juice	Bacon Egg Scramble Buttered Wheat Toast Hot Farina Pineapple Juice	Chocolate Chip Pancake Warm Syrup Breakfast Meat Hot Oatmeal Apple Juice	Scrambled Egg Cranberry Muffin Raisin Bran Cereal Grape Juice	Sweet Roll Baked Vegetable Omelet Hot Oatmeal Blended Juice
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
<u>Southern Style</u> Beef Patty Cream Gravy Mashed Potatoes Garlic Parmesan Spinach Wheat Roll Ambrosia Pudding	<u>Cheese Enchilada</u> <u>Refried Beans</u> <u>Mexicali Rice</u> Raspberry Parfait Square	<u>Oven Crisp Fish</u> <u>Tator Tots</u> Seasoned Carrots <u>Wheat Roll</u> Apple Hill Cake	<u>Herb Baked Chicken</u> <u>Pasta with Creamy</u> <u>Marinara Sauce</u> Cauliflower & Peas <u>Garlic Bread</u> Bread Pudding	<u>Polynesian Meatloaf</u> <u>Garlic Mashed Potatoes</u> Lemon Basil Green Beans <u>Cranberry Gelatin Salad</u> Peach Fluff	<u>Chicken Creole over</u> Fluffy Brown Rice Spinach with Bacon <u>Wheat Roll</u> Pumpkin Spice Cheesecake	<u>Ham with</u> <u>Spiced Apples</u> <u>Au Gratin Potatoes</u> Seasoned Peas <u>Wheat Roll</u> Ice Cream
Lunch Asian Choice:	Lunch Asian Choice:	Lunch Asian Choice:	Lunch Asian Choice:	Lunch Asian Choice:	Lunch Asian Choice:	Lunch Asian Choice:
Asian Flair Beef Fried Rice, Juice	Chinese BBQ Pork Loin Noodles, Stir Fry Vegetables Juice	Teriyaki Fish Chinese Noodles & Juice	Chinese Roast Chicken Peanut Sesame Noodles Juice	Lemon Grass Beef with Spicy Asian Noodles Juice	Hunan Chicken and Garlic Juice	Szechuan Pork Chinese Noodles Juice
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Chinese Corn Soup <u>Sesame Orange Chicken</u> Imperial Noodles <u>Golden Carrots & Zucchini</u> Fresh Fruit	<u>Pork in Rosemary Sauce</u> <u>Polenta</u> Seasoned Broccoli <u>Fresh Green Salad</u> <u>with Dressing</u> Cranberry Crunch Bar	<u>Beef Pot Pie</u> Corn with Red Peppers <u>Tossed Green Salad</u> <u>with Dressing</u> Fresh Fruit	<u>BBQ Pork</u> <u>on a Bun</u> <u>Baked Beans</u> Creamy Cucumber & Celery Salad Oatmeal Raisin Cookie	<u>Winter-Time</u> <u>Lentil Soup</u> <u>Creamy Macaroni and</u> <u>Cheese</u> Baked Fresh Zucchini Blushing Pears	<u>Hearty Vegetable Soup</u> <u>Egg Salad Sandwich</u> <u>Potato Chips</u> Orange Slices	<u>Turkey Tetrazzini</u> Green Beans & Carrots <u>Garlic Bread</u> Fruit Cup
Dinner Asian Choice:	Dinner Asian Choice:	Dinner Asian Choice:	Dinner Asian Choice:	Dinner Asian Choice:	Dinner Asian Choice:	Dinner Asian Choice:
Stir Fry Meat with Vegetables, Juice	Sweet & Sour Pork, Rice Juice	Green Pepper Beef Fried Rice, Juice	Kung Pao Pork, Rice Juice	Chicken Fried Rice Juice	Baked Fish Special Imperial Noodles, Asian Vegetables, Juice	Chicken Chop Suey Asian Noodles, Juice
Milk, Juice and Beverage Offered with Every Meal; Underlined items may be replaced with alternate items below them; RDs for Healthcare, Inc.						

Asian Menu	Good For Your Health Menus					Asian Menu
	December 23 - 29, 2019					
	Winter				Week 3	
MONDAY Dec. 23	TUESDAY Dec. 24	WEDNESDAY Dec. 25	THURSDAY Dec. 26	FRIDAY Dec. 27	SATURDAY Dec. 28	SUNDAY Dec. 29
Pancake with Apple Topping Scrambled Egg Toasted Oats Orange Juice	Fried Egg Buttered Wheat Toast Raisin Bran Pineapple Juice	French Toast Warm Syrup Breakfast Meat Hot Oatmeal Apple Juice	Mc Muffin Sandwich Hash Brown Potatoes Corn Flakes Grape Juice	Pumpkin Bread Square Breakfast Meat Hot Oatmeal Blended Juice	Broccoli & Cheese Scramble Buttered Wheat Toast Raisin Bran Orange Juice	Southwestern Breakfast Casserole Donut Hot Oatmeal Pineapple Juice
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
<u>Fish with Tarragon</u> <u>Cajun Country Rice</u> Creamed Spinach <u>Sweet Corn Salad</u> Fruit Bavarian Cream	<u>Italian Lasagna</u> Broccoli with Tarragon <u>Garlic Bread</u> Peanut Butter Cup Pudding	<u>Roast Beef with Gravy</u> <u>Twice Baked Mashed Potatoes</u> Brussels Sprouts <u>Caesar Salad</u> <u>Wheat Roll</u> Fruit Pie Christmas Day	<u>Beef Stew</u> Corn Coleslaw <u>Biscuit with Margarine</u> Berry Cheese Bar	<u>Oven Fried Chicken</u> <u>Saucy Penne</u> Spinach with Onions <u>Italian Green Salad</u> Cake with Frosting	<u>Salisbury Steak</u> <u>Mushroom Gravy</u> <u>Mashed Potatoes</u> Seasoned Peas <u>Carrot & Raisin Salad</u> Sherbet	<u>Maple Glazed Roast Pork</u> <u>Baked Potato</u> Broccoli with Cheese Sauce <u>Wheat Roll</u> Banana Cream Pie
Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:
Fish with Tomatoes Fried Rice Juice	Beef Teriyaki Chinese Noodles Juice	Lemon Grass Chicken Fluffy Rice Juice	Oriental Broccoli Beef Spicy Asian Noodles Juice	Chicken Pad Thai Juice	Szechuan Beef with Vegetables, Peanut Sesame Noodles, Juice	Chinese BBQ Pork Loin Fluffy Rice Juice
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
<u>French Onion Soup</u> <u>Hamburger on a Bun</u> <u>Country Baked Beans</u> Cinnamon Apricots	<u>Chinese Roasted Chicken</u> <u>Fried Rice</u> Stir Fry Vegetables Mandarin Asian Salad with Asian Sesame Dressing Citrus Cake with Pineapple Fluff Topping	<u>Split Pea Soup</u> <u>Deli Meat Sandwich with Dijon Dill Mayonnaise</u> <u>Tomato, Onion and Pickle Garnish</u> Fresh Fruit	<u>Cheese Quesadilla</u> <u>Spanish Rice</u> <u>Black Beans</u> <u>Mixed Greens Salad with Dressing</u> Fruit Cup	<u>Pasta Bean Soup</u> <u>Tuna Salad Sandwich</u> Cucumber Salad in Dill Sauce Fruit Ambrosia	<u>Baked Ziti</u> <u>Green Beans with Onions & Red Peppers</u> <u>Garlic Bread</u> Butterscotch Pears	<u>Grilled Chicken Breast on a Bun</u> <u>Special Sauce</u> <u>Texas Fries</u> <u>Tossed Green Salad with Dressing</u> Fluffy Fruit Dessert
Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:
Green Pepper Beef Noodles, Stir Fry Vegetables, Juice	Sesame Orange Chicken Noodles	Pan Fried Tofu with Spicy Sauce, Noodles Cabbage & Carrots	Chicken with Peppers and Rice Asian Vegetables, Juice	Whole Steamed Fish Fried Rice Juice	Ginger Chicken Stir Fry with Green Beans & Rice Juice	Kung Pao Chicken Chinese Noodles Stir Fry Vegetables, Juice
Milk, Juice and Beverage Offered with Every Meal; Underlined items may be replaced with alternate items below them; RDs for Healthcare, Inc.						

Asian Menu	<p style="text-align: center;">Good For Your Health Menus December 30 - Jan. 5, 2020</p>					Asian Menu
Winter		Week 4				
MONDAY Dec. 30	TUESDAY Dec. 31	WEDNESDAY Jan. 1	THURSDAY Jan. 2	FRIDAY Jan. 3	SATURDAY Jan. 4	SUNDAY Jan. 5
Fried Egg Buttered Wheat Toast Hot Farina Blended Juice	Mushroom Cheese Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Orange Juice	French Toast with Warm Syrup Breakfast Meat Hot Oatmeal Pineapple Juice	Scrambled Egg with Vegetables Blueberry Muffin Toasted Oats Apple Juice	Waffle with Warm Syrup Breakfast Meat Hot Oatmeal Grape Juice	Baked Western Omelet Buttered Wheat Toast Raisin Bran Cereal Blended Juice	Coffee Cake Ham & Potato Casserole Hot Oatmeal Orange Juice
Lunch:						
<u>Beef Enchilada</u> <u>Cilantro Lime Rice</u> <u>Black Beans</u> Custard with Caramel Sauce	<u>Golden Lemon Chicken</u> <u>Mediterranean Herbed Pasta</u> Zucchini with Basil <u>Garlic Bread</u> Apple Crisp	<u>Ham with Pineapple Sauce</u> <u>Black Eyed Peas</u> <u>Creole Green Beans</u> <u>Cornbread</u> Peanut Butter Pudding Pie New Year's Day	<u>Roast Beef with Savory Thyme Sauce</u> <u>Red Beans & Rice</u> Parslied Carrots <u>Caesar Salad</u> Blonde Brownies	<u>Hot Open Faced Turkey Sandwich with Gravy</u> <u>Mashed Potatoes</u> Fancy Green Beans Ice Cream	<u>Teriyaki Fish Fillet</u> <u>Herbed Brown Rice</u> Seasoned Spinach <u>Biscuit with Margarine</u> Baked Pear Crunch	<u>Chicken Cordon Bleu</u> <u>Parsley Herb Penne</u> Broccoli with Garlic <u>Wheat Roll</u> Lemon Mousse with Strawberry Sauce
Lunch Asian Alternate:						
Lemon Grass Beef Rice, Carrots & Celery Juice	Asian Hoisin Meatballs with Sauce & Noodles Juice	Chicken Teriyaki Bowl Chinese Noodles Juice	Beef Chow Mein with Noodles Juice	Kung Pao Chicken Chinese Noodles Juice	Sweet & Sour Fish Fluffy Rice Juice	Simmered Chinese Chicken Peanut Sesame Noodles Juice
Dinner:						
<u>Pork Stew</u> <u>Biscuit with Margarine</u> Confetti Coleslaw Chilled Peaches	<u>Tomato Soup</u> <u>Grilled Cheese Sandwich</u> Cucumber & Onion Salad Fruit Cup	<u>Salmon with Dill Sauce</u> <u>Rice Pilaf</u> <u>Seasoned Broccoli</u> <u>Fresh Green Salad with Dressing</u> Fresh Fruit	<u>Chicken Florentine Casserole</u> Mixed Vegetable Blend <u>Wheat Roll</u> Orange Slices	<u>Pozole Soup with Garnishes</u> <u>Flour Tortilla</u> Fruit Salad Coconut & Lemon Custard Bar	<u>Spaghetti with Meat Sauce</u> <u>Italian Green Salad</u> <u>Garlic Bread</u> Chocolate Chip Cookie	<u>Creamy Cauliflower Soup</u> <u>Green Pepper Beef</u> <u>Fluffy Brown Rice</u> Seasoned Corn Chilled Apricots
Dinner Asian Alternate:						
Peppery Fried Pork Spicy Asian Noodles Juice	Pan Fried Tofu with Spicy Sauce & Rice Juice	Chinese Jook with Fish Spicy Asian Noodles, Stir Fry Vegetables, Juice	Chicken Fried Rice Juice	Pork Chop Suey with Plain Rice Juice	Stir Fry Meat with Vegetables, Noodles Juice	Shrimp Fried Rice Juice
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Asian Menu	Good For Your Health Menus					Asian Menu
	Winter January 6 - 12, 2020 Week 1					
MONDAY Jan. 6	TUESDAY Jan. 7	WEDNESDAY Jan. 8	THURSDAY Jan. 9	FRIDAY Jan. 10	SATURDAY Jan. 11	SUNDAY Jan. 12
Pancake with Warm Syrup Breakfast Meat Hot Oatmeal Pineapple Juice	Fried Egg Buttered Wheat Toast Raisin Bran Apple Juice	Vegetable Sausage Skillet Buttered Wheat Toast Hot Farina Grape Juice	Baked Spanish Omelet Buttered Wheat Toast Toasted Oats Blended Juice	French Toast Casserole Breakfast Meat Hot Oatmeal Orange Juice	Meat & Cheese Breakfast Sandwich Raisin Bran Pineapple Juice	Scrambled Egg Apple Raisin Bran Muffin Hot Oatmeal Apple Juice
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
3 Bean Chili Tossed Green Salad with Dressing <u>Cornbread with Green Chillies</u> Citrus Chiffon Delight	<u>Herb Encrusted Beef Roast</u> <u>Mashed Potatoes with Gravy</u> Zesty Spinach <u>Garlic Bread</u> Triple Fruit Crisp	Fish Italiano <u>Creamy Risotto Style Rice</u> Broccoli with Garlic <u>Cucumber Onion Salad</u> Cherry N Cream Square	Roast Turkey <u>Seasoned Sauce</u> <u>Tuscan Roasted Potatoes</u> Green Beans with Red Peppers <u>Wheat Roll</u> Apple Streusel Pie	<u>Beef Goulash</u> <u>Egg Noodles</u> <u>Sage Seasoned Carrots</u> <u>Wheat Roll</u> Ice Cream	<u>Sweet Dijon Chicken</u> <u>Savory Mushroom Rice</u> <u>Dilled Brussels Sprouts</u> <u>Mixed Greens Salad</u> Double Chocolate Brownie Delight	<u>Roast Pork</u> <u>Maine Cranberry Relish</u> <u>Sweet Potatoes</u> Peas with Onions <u>Wheat Roll</u> Pumpkin Dessert Bar
Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:
Hoisin Meatballs Rice & Juice	Szechuan Beef with Vegetables, Rice and Juice	Lemon Baked Fish Fried Rice, & Juice	Chicken Pad Thai Juice	Oriental Broccoli Beef Rice, & Juice	Ginger Chicken Stir Fry with Green Beans, Rice, Juice	Pork Slices in Hoisin Sauce, Imperial Noodles, Juice
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
<u>Split Pea Soup</u> <u>Turkey Salad Sandwich</u> <u>Potato Chips</u> Pineapple with Cinnamon Ginger Sauce	<u>Chicken Chop Suey</u> <u>Chinese Noodles</u> Oriental Green Salad with Asian Sesame Dressing Tapioca Pudding	<u>Cream of Mushroom Soup</u> <u>Smokey Beef Hamburger on a Bun</u> <u>Lettuce & Tomato</u> Fresh Fruit	<u> Lentil Pumpkin Soup</u> <u> Three Cheese Ham Pasta Bake</u> Zucchini with Italian Herbs Mandarin Oranges with Whipped Cream	<u>Italian Vegetable Soup</u> <u>Combination Pizza</u> Tossed Green Salad with Dressing Fresh Fruit Cup	<u>Breaded Fish Fillet</u> <u>Tartar Sauce</u> <u>French Fries</u> Confetti Coleslaw <u>Cornbread Muffin</u> Fruited Cherry Gelatin	<u>Cheese Ravioli</u> <u>Marinara Sauce</u> Italian Green Salad with Dressing <u>Garlic Bread</u> Peanut Butter Cookie
Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:
Kung Pao Chicken Noodles Stir Fry Vegetables & Juice	Sesame Noodles with Chicken & Cabbage Juice	Beef Chow Mein with Chinese Noodles, Asian Vegetables & Juice	Shrimp Fried Rice Juice	Pan Fried Tofu with Spicy Sauce & Noodles Juice	Whole Steamed Fish with Spicy Asian Noodles Juice	Tofu Chop Suey Chinese Noodles Juice
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Asian Menu	Good For Your Health Menus					Asian Menu
	January 13 - 19, 2020					
	Winter				Week 2	
MONDAY Jan. 13	TUESDAY Jan. 14	WEDNESDAY Jan. 15	THURSDAY Jan. 16	FRIDAY Jan. 17	SATURDAY Jan. 18	SUNDAY Jan. 19
Fried Egg Buttered Wheat Toast Toasted Oats Grape Juice	Biscuit & Gravy Fruit Cup Raisin Bran Cereal Blended Juice	Waffle Warm Syrup Breakfast Meat Hot Oatmeal Orange Juice	Bacon Egg Scramble Buttered Wheat Toast Hot Farina Pineapple Juice	Chocolate Chip Pancake Warm Syrup Breakfast Meat Hot Oatmeal Apple Juice	Scrambled Egg Cranberry Muffin Raisin Bran Cereal Grape Juice	Sweet Roll Baked Vegetable Omelet Hot Oatmeal Blended Juice
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
<u>Southern Style</u> Beef Patty Cream Gravy Mashed Potatoes Garlic Parmesan Spinach Wheat Roll Ambrosia Pudding	<u>Cheese Enchilada</u> <u>Refried Beans</u> <u>Mexicali Rice</u> Raspberry Parfait Square	<u>Oven Crisp Fish</u> <u>Tator Tots</u> Seasoned Carrots <u>Wheat Roll</u> Apple Hill Cake	<u>Herb Baked Chicken</u> <u>Pasta with Creamy Marinara</u> <u>Sauce</u> Cauliflower & Peas <u>Garlic Bread</u> Bread Pudding	<u>Polynesian Meatloaf</u> <u>Garlic Mashed Potatoes</u> Lemon Basil Green Beans <u>Cranberry Gelatin Salad</u> Peach Fluff	<u>Chicken Creole over</u> Fluffy Brown Rice Spinach with Bacon <u>Wheat Roll</u> Pumpkin Spice Cheesecake	<u>Ham with</u> <u>Spiced Apples</u> <u>Au Gratin Potatoes</u> Seasoned Peas <u>Wheat Roll</u> Ice Cream
Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:
Asian Flair Beef Fried Rice, Juice	Chinese BBQ Pork Loin Noodles, Stir Fry Vegetables Juice	Teriyaki Fish Chinese Noodles & Juice	Chinese Roast Chicken Peanut Sesame Noodles Juice	Lemon Grass Beef with Spicy Asian Noodles Juice	Hunan Chicken and Garlic Juice	Szechuan Pork Chinese Noodles Juice
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Chinese Corn Soup <u>Sesame Orange Chicken</u> Imperial Noodles <u>Golden Carrots & Zucchini</u> Fresh Fruit	<u>Pork in Rosemary Sauce</u> <u>Polenta</u> Seasoned Broccoli <u>Fresh Green Salad</u> <u>with Dressing</u> Cranberry Crunch Bar	<u>Beef Pot Pie</u> Corn with Red Peppers <u>Tossed Green Salad</u> <u>with Dressing</u> Fresh Fruit	<u>BBQ Pork</u> <u>on a Bun</u> <u>Baked Beans</u> Creamy Cucumber & Celery Salad Oatmeal Raisin Cookie	<u>Winter-Time</u> <u>Lentil Soup</u> <u>Creamy Macaroni and</u> <u>Cheese</u> Baked Fresh Zucchini Blushing Pears	<u>Hearty Vegetable Soup</u> <u>Egg Salad Sandwich</u> <u>Potato Chips</u> Orange Slices	<u>Turkey Tetrazzini</u> Green Beans & Carrots <u>Garlic Bread</u> Fruit Cup
Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:
Stir Fry Meat with Vegetables, Juice	Sweet & Sour Pork, Rice Juice	Green Pepper Beef Fried Rice, Juice	Kung Pao Pork, Rice Juice	Chicken Fried Rice Juice	Baked Fish Special Imperial Noodles, Asian Vegetables, Juice	Chicken Chop Suey Asian Noodles Juice
Milk, Juice and Beverage Offered with Every Meal; Underlined items may be replaced with alternate items below them; RDs for Healthcare, Inc.						

Asian Menu	Good For Your Health Menus January 20 - 26, 2020					Asian Menu
	Winter		Week 3			
MONDAY Jan. 20	TUESDAY Jan. 21	WEDNESDAY Jan. 22	THURSDAY Jan. 23	FRIDAY Jan. 24	SATURDAY Jan. 25	SUNDAY Jan. 26
Pancake with Apple Topping Scrambled Egg Toasted Oats Orange Juice	Fried Egg Buttered Wheat Toast Raisin Bran Pineapple Juice	French Toast Warm Syrup Breakfast Meat Hot Oatmeal Apple Juice	Mc Muffin Sandwich Hash Brown Potatoes Corn Flakes Grape Juice	Pumpkin Bread Square Breakfast Meat Hot Oatmeal Blended Juice	Broccoli & Cheese Scramble Buttered Wheat Toast Raisin Bran Orange Juice	Southwestern Breakfast Casserole Donut Hot Oatmeal Pineapple Juice
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
<u>Brown Sugar Pork Chop with Onions</u> <u>Cajun Country Rice</u> Creamed Spinach <u>Sweet Corn Salad</u> Fruit Pie Martin Luther King Jr. Day	<u>Italian Lasagna</u> Broccoli with Tarragon <u>Garlic Bread</u> Peanut Butter Cup Pudding	<u>Roast Beef with Gravy</u> <u>Mashed Potatoes</u> Brussels Sprouts <u>Wheat Roll</u> Chocolate Chip Cookie Bar	<u>Beef Stew</u> Corn Coleslaw <u>Biscuit with Margarine</u> Berry Cheese Bar	<u>Oven Fried Chicken</u> <u>Saucy Penne</u> Spinach with Onions <u>Italian Green Salad</u> Cake with Frosting	<u>Beef Chow Mein</u> <u>Chinese Noodles</u> Ginger Carrots Fruit Salad Sherbet Chinese New Year	<u>Maple Glazed Roast Pork</u> <u>Baked Potato</u> Broccoli with Cheese Sauce <u>Wheat Roll</u> Banana Cream Pie
Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:
Fish with Tomatoes Fried Rice Juice	Beef Teriyaki, Chinese Noodles Juice	Lemon Grass Chicken Plain Rice Juice	Oriental Broccoli Beef Spicy Asian Noodles Juice	Chicken Pad Thai Juice	Szechuan Beef with Vegetables, Peanut Sesame Noodles, Juice	Chinese BBQ Pork Loin Fluffy Rice Juice
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
<u>French Onion Soup</u> <u>Hamburger on a Bun</u> <u>Country Baked Beans</u> Cinnamon Apricots	<u>Chinese Roasted Chicken</u> <u>Fried Rice</u> Stir Fry Vegetables Mandarin Asian Salad with Asian Sesame Dressing Citrus Cake with Pineapple Fluff Topping	<u>Split Pea Soup</u> <u>Deli Meat Sandwich with Dijon Dill Mayonnaise</u> <u>Tomato, Onion and Pickle Garnish</u> Fresh Fruit	<u>Cheese Quesadilla</u> <u>Spanish Rice</u> <u>Black Beans</u> <u>Mixed Greens Salad with Dressing</u> Fruit Cup	<u>Pasta Bean Soup</u> <u>Tuna Salad Sandwich</u> Cucumber Salad in Dill Sauce Fruit Ambrosia	<u>Baked Ziti</u> <u>Green Beans with Onions & Red Peppers</u> <u>Garlic Bread</u> Butterscotch Pears	<u>Grilled Chicken Breast on a Bun</u> <u>Special Sauce</u> <u>Texas Fries</u> <u>Tossed Green Salad with Dressing</u> Fluffy Fruit Dessert
Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:
Green Pepper Beef Noodles, Stir Fry Vegetables, Juice	Sesame Orange Chicken Noodles	Pan Fried Tofu with Spicy Sauce, Noodles Cabbage & Carrots	Chicken with Peppers and Rice Asian Vegetables, Juice	Whole Steamed Fish Fried Rice Juice	Ginger Chicken Stir Fry with Green Beans & Rice Juice	Kung Pao Chicken Chinese Noodles Stir Fry Vegetables, Juice
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Asian Menu	Good For Your Health Menus January 27 - February 2, 2020					Asian Menu
	Winter		Week 4			
MONDAY Jan. 27	TUESDAY Jan. 28	WEDNESDAY Jan. 29	THURSDAY Jan. 30	FRIDAY Jan 31	SATURDAY Feb. 1	SUNDAY Feb. 2
Fried Egg Buttered Wheat Toast Hot Farina Blended Juice	Mushroom Cheese Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Orange Juice	French Toast with Warm Syrup Breakfast Meat Hot Oatmeal Pineapple Juice	Scrambled Egg with Vegetables Blueberry Muffin Toasted Oats Apple Juice	Waffle with Warm Syrup Breakfast Meat Hot Oatmeal Grape Juice	Baked Western Omelet Buttered Wheat Toast Raisin Bran Cereal Blended Juice	Coffee Cake Ham & Potato Casserole Hot Oatmeal Orange Juice
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
<u>Beef Enchilada</u> <u>Cilantro Lime Rice</u> <u>Black Beans</u> Custard with Caramel Sauce	<u>Golden Lemon Chicken</u> <u>Mediterranean Herbed</u> <u>Pasta</u> Zucchini with Basil <u>Garlic Bread</u> Apple Crisp	<u>Old Fashioned</u> <u>Meatloaf</u> <u>Scalloped Potatoes</u> Seasoned Peas with Red Peppers <u>Wheat Roll</u> Orange Blossom Parfait	<u>Roast Beef</u> <u>with Savory Thyme Sauce</u> <u>Red Beans & Rice</u> Parslied Carrots <u>Caesar Salad</u> Blonde Brownies	<u>Hot Open Faced Turkey</u> <u>Sandwich with Gravy</u> <u>Mashed Potatoes</u> Fancy Green Beans Ice Cream	<u>Teriyaki Fish Fillet</u> <u>Herbed Brown Rice</u> Seasoned Spinach <u>Biscuit with Margarine</u> Baked Pear Crunch	<u>Chicken</u> <u>Cordon Bleu</u> <u>Parsley Herb Penne</u> Broccoli with Garlic <u>Wheat Roll</u> Lemon Mousse with Strawberry Sauce
Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:
Lemon Grass Beef Rice, Carrots & Celery Juice	Asian Hoisin Meatballs with Sauce & Noodles Juice	Chicken Teriyaki Bowl Chinese Noodles Juice	Beef Chow Mein with Noodles Juice	Kung Pao Chicken Chinese Noodles Juice	Sweet & Sour Fish Fluffy Rice Juice	Simmered Chinese Chicken Peanut Sesame Noodles Juice
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
<u>Pork Stew</u> <u>Biscuit with Margarine</u> Confetti Coleslaw Chilled Peaches	<u>Tomato Soup</u> <u>Grilled Cheese Sandwich</u> Cucumber & Onion Salad Fruit Cup	<u>Salmon with</u> <u>Dill Sauce</u> <u>Rice Pilaf</u> <u>Seasoned Broccoli</u> <u>Fresh Green Salad with</u> <u>Dressing</u> Fresh Fruit	<u>Chicken Florentine</u> <u>Casserole</u> Mixed Vegetable Blend <u>Wheat Roll</u> Orange Slices	<u>Pozole Soup</u> <u>with Garnishes</u> <u>Flour Tortilla</u> Fruit Salad Coconut & Lemon Custard Bar	<u>Spaghetti with Meat Sauce</u> <u>Italian Green Salad</u> <u>Garlic Bread</u> Chocolate Chip Cookie	<u>French Dip Sandwich</u> <u>French Fries</u> Fruit Salad Rocky Road Chocolate Pudding
Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:
Peppery Fried Pork Spicy Asian Noodles Juice	Pan Fried Tofu with Spicy Sauce & Rice Juice	Chinese Jook with Fish Spicy Asian Noodles Stir Fry Vegetables, Juice	Chicken Fried Rice Juice	Pork Chop Suey with Rice Juice	Stir Fry Meat with Vegetables, Noodles Juice	Shrimp Fried Rice Juice
Milk, Juice and Beverage Offered with Every Meal; Underlined items may be replaced with alternate items below them; RDs for Healthcare, Inc.						

Super Bowl Sunday

Asian Menu	<h2 style="text-align: center;">Good For Your Health Menus</h2> <h3 style="text-align: center;">February 3 - 9, 2020</h3>					Asian Menu
Winter		Week 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Feb. 3	Feb. 4	Feb. 5	Feb. 6	Feb. 7	Feb. 8	Feb. 9
Pancake with Warm Syrup Breakfast Meat Hot Oatmeal Pineapple Juice	Fried Egg Buttered Wheat Toast Raisin Bran Apple Juice	Vegetable Sausage Skillet Buttered Wheat Toast Hot Farina Grape Juice	Baked Spanish Omelet Buttered Wheat Toast Toasted Oats Blended Juice	French Toast Casserole Breakfast Meat Hot Oatmeal Orange Juice	Meat & Cheese Breakfast Sandwich Raisin Bran Pineapple Juice	Scrambled Egg Apple Raisin Bran Muffin Hot Oatmeal Apple Juice
Lunch:						
3 Bean Chili Tossed Green Salad with Dressing Cornbread with Green Chilies Citrus Chiffon Delight	<u>Herb Encrusted Beef Roast</u> <u>Mashed Potatoes with Gravy</u> Zesty Spinach Garlic Bread Triple Fruit Crisp	<u>Fish Italiano</u> <u>Creamy Risotto Style Rice</u> Broccoli with Garlic <u>Cucumber Onion Salad</u> Cherry N Cream Square	<u>Roast Turkey Seasoned Sauce</u> <u>Tuscan Roasted Potatoes</u> Green Beans with Red Peppers <u>Wheat Roll</u> Apple Streusel Pie	<u>Beef Goulash</u> <u>Egg Noodles</u> Sage Seasoned Carrots <u>Wheat Roll</u> Ice Cream	<u>Sweet Dijon Chicken</u> <u>Savory Mushroom Rice</u> <u>Dilled Brussels Sprouts</u> <u>Mixed Greens Salad</u> Double Chocolate Brownie Delight	<u>Roast Pork</u> <u>Maine Cranberry Relish</u> <u>Sweet Potatoes</u> Peas with Onions <u>Wheat Roll</u> Pumpkin Dessert Bar
Lunch Asian Alternate:						
Hoisin Meatballs Rice & Juice	Szechuan Beef with Vegetables, Rice and Juice	Lemon Baked Fish Fried Rice, & Juice	Chicken Pad Thai Juice	Oriental Broccoli Beef Rice, & Juice	Ginger Chicken Stir Fry with Green Beans, Rice, Juice	Pork Slices in Hoisin Sauce, Imperial Noodles, Juice
Dinner:						
<u>Split Pea Soup</u> <u>Turkey Salad Sandwich</u> <u>Potato Chips</u> Pineapple with Cinnamon Ginger Sauce	<u>Chicken Chop Suey</u> <u>Chinese Noodles</u> Oriental Green Salad with Asian <u>Sesame Dressing</u> Tapioca Pudding	<u>Cream of Mushroom Soup</u> <u>Smokey Beef Hamburger on a Bun</u> <u>Lettuce & Tomato</u> Fresh Fruit	<u>Lentil Pumpkin Soup</u> <u>Three Cheese Ham Pasta Bake</u> Zucchini with Italian Herbs Mandarin Oranges with Whipped Cream	<u>Italian Vegetable Soup</u> <u>Combination Pizza</u> Tossed Green Salad with Dressing Fresh Fruit Cup	<u>Breaded Fish Fillet</u> <u>Tartar Sauce</u> <u>French Fries</u> Confetti Coleslaw <u>Cornbread Muffin</u> Fruited Cherry Gelatin	<u>Cheese Ravioli</u> <u>Marinara Sauce</u> Italian Green Salad with Dressing <u>Garlic Bread</u> Peanut Butter Cookie
Dinner Asian Alternate:						
Kung Pao Chicken Noodles Stir Fry Vegetables & Juice	Sesame Noodles with Chicken & Cabbage Juice	Beef Chow Mein with Chinese Noodles, Asian Vegetables & Juice	Shrimp Fried Rice Juice	Pan Fried Tofu with Spicy Sauce & Noodles Juice	Whole Steamed Fish with Spicy Asian Noodles Juice	Tofu Chop Suey Chinese Noodles Juice
Milk, Juice, and Beverage Offered with Every Meal; Underlined items may be replaced with alternate items below them; RDs for Healthcare, Inc.						

Asian Menu	Good for Your Health Menus					Asian Menu
	February 10 - 16, 2020					
	Winter				Week 2	
MONDAY Feb. 10	TUESDAY Feb. 11	WEDNESDAY Feb. 12	THURSDAY Feb. 13	FRIDAY Feb. 14	SATURDAY Feb. 15	SUNDAY Feb. 16
Fried Egg Buttered Wheat Toast Toasted Oats Grape Juice	Biscuit & Gravy Fruit Cup Raisin Bran Cereal Blended Juice	Waffle Warm Syrup Breakfast Meat Hot Oatmeal Orange Juice	Bacon Egg Scramble Buttered Wheat Toast Hot Farina Pineapple Juice	Chocolate Chip Pancake Warm Syrup Breakfast Meat Hot Oatmeal Apple Juice	Scrambled Egg Cranberry Muffin Raisin Bran Cereal Grape Juice	Sweet Roll Baked Vegetable Omelet Hot Oatmeal Blended Juice
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
<u>Southern Style Beef Patty</u> <u>Cream Gravy</u> <u>Mashed Potatoes</u> Garlic Parmesan Spinach <u>Wheat Roll</u> Ambrosia Pudding	<u>Cheese Enchilada</u> <u>Refried Beans</u> <u>Mexicali Rice</u> Raspberry Parfait Square	<u>Oven Crisp Fish</u> <u>Tator Tots</u> Seasoned Carrots <u>Wheat Roll</u> Apple Hill Cake	<u>Herb Baked Chicken</u> <u>Pasta with Creamy Marinara Sauce</u> Cauliflower & Peas <u>Garlic Bread</u> Bread Pudding	<u>Polynesian Meatloaf</u> <u>Garlic Mashed Potatoes</u> Lemon Basil Green Beans <u>Cranberry Gelatin Salad</u> Coconut Cream Pie Valentine's Day	<u>Chicken Creole over</u> Fluffy Brown Rice Spinach with Bacon <u>Wheat Roll</u> Pumpkin Spice Cheesecake	<u>Ham with Spiced Apples</u> <u>Au Gratin Potatoes</u> Seasoned Peas <u>Wheat Roll</u> Ice Cream
Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:
Asian Flair Beef Fried Rice, Juice	Chinese BBQ Pork Loin Noodles, Stir Fry Vegetables Juice	Teriyaki Fish Chinese Noodles & Juice	Chinese Roast Chicken Peanut Sesame Noodles Juice	Lemon Grass Beef with Spicy Asian Noodles Juice	Hunan Chicken and Garlic Juice	Szechuan Pork Chinese Noodles Juice
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Chinese Corn Soup <u>Sesame Orange Chicken</u> Imperial Noodles <u>Golden Carrots & Zucchini</u> Fresh Fruit	<u>Pork in Rosemary Sauce</u> <u>Polenta</u> Seasoned Broccoli <u>Fresh Green Salad with Dressing</u> Cranberry Crunch Bar	<u>Beef Pot Pie</u> Corn with Red Peppers <u>Tossed Green Salad with Dressing</u> Fresh Fruit	<u>BBQ Pork on a Bun</u> <u>Baked Beans</u> Creamy Cucumber & Celery Salad Oatmeal Raisin Cookie	<u>Winter-Time Lentil Soup</u> <u>Creamy Macaroni and Cheese</u> Baked Fresh Zucchini Blushing Pears	<u>Hearty Vegetable Soup</u> <u>Egg Salad Sandwich</u> <u>Potato Chips</u> Orange Slices	<u>Turkey Tetrazzini</u> Green Beans & Carrots <u>Garlic Bread</u> Fruit Cup
Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:
Stir Fry Meat with Vegetables, Juice	Sweet & Sour Pork, Rice Juice	Green Pepper Beef Fried Rice, Juice	Kung Pao Pork, Rice Juice	Chicken Fried Rice Juice	Baked Fish Special Imperial Noodles Asian Vegetables, Juice	Chicken Chop Suey Asian Noodles Juice
Milk, Juice and Beverage Offered with Every Meal; Underlined items may be replaced with alternate items below them; RDs for Healthcare, Inc.						

Asian Menu	GOOD FOR YOUR HEALTH MENUS					Asian Menu
	Winter					
	February 17 - 23, 2020					
	Week 3					
MONDAY Feb. 17	TUESDAY Feb. 18	WEDNESDAY Feb. 19	THURSDAY Feb. 20	FRIDAY Feb. 21	SATURDAY Feb. 22	SUNDAY Feb. 23
Pancake with Apple Topping Scrambled Egg Toasted Oats Orange Juice	Fried Egg Buttered Wheat Toast Raisin Bran Pineapple Juice	French Toast Warm Syrup Breakfast Meat Hot Oatmeal Apple Juice	Mc Muffin Sandwich Hash Brown Potatoes Corn Flakes Grape Juice	Pumpkin Bread Square Breakfast Meat Hot Oatmeal Blended Juice	Broccoli & Cheese Scramble Buttered Wheat Toast Raisin Bran Orange Juice	Southwestern Breakfast Casserole Donut Hot Oatmeal Pineapple Juice
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
<u>Fish with Tarragon</u> <u>Cajun Country Rice</u> Creamed Spinach <u>Sweet Corn Salad</u> Fruit Bavarian Cream	<u>Italian Lasagna</u> Broccoli with Tarragon <u>Garlic Bread</u> Peanut Butter Cup Pudding	<u>Roast Beef with Gravy</u> <u>Mashed Potatoes</u> Brussels Sprouts <u>Wheat Roll</u> Chocolate Chip Cookie Bar	<u>Beef Stew</u> Corn Coleslaw <u>Biscuit with Margarine</u> Berry Cheese Bar	<u>Oven Fried Chicken</u> <u>Saucy Penne</u> Spinach with Onions <u>Italian Green Salad</u> Cake with Frosting	<u>Salisbury Steak</u> <u>Mushroom Gravy</u> <u>Mashed Potatoes</u> Seasoned Peas <u>Carrot & Raisin Salad</u> Sherbet	<u>Maple Glazed Roast Pork</u> <u>Baked Potato</u> Broccoli with Cheese Sauce <u>Wheat Roll</u> Banana Cream Pie
Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:
Fish with Tomatoes Fried Rice Juice	Beef Teriyaki Chinese Noodles Juice	Beef Teriyaki Rice Juice	Oriental Broccoli Beef Spicy Asian Noodles Juice	Chicken Pad Thai Juice	Szechuan Beef with Vegetables, Peanut Sesame Noodles, Juice	Chinese BBQ Pork Loin Fluffy Rice Juice
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
<u>French Onion Soup</u> <u>Hamburger on a Bun</u> <u>Country Baked Beans</u> Cinnamon Apricots President's Day	<u>Chinese Roasted Chicken</u> <u>Fried Rice</u> Stir Fry Vegetables Mandarin Asian Salad with Asian Sesame Dressing Citrus Cake with Pineapple Fluff Topping	<u>Split Pea Soup</u> <u>Deli Meat Sandwich with Dijon Dill Mayonnaise</u> <u>Tomato, Onion and Pickle</u> <u>Garnish</u> Fresh Fruit	<u>Cheese Quesadilla</u> <u>Spanish Rice</u> <u>Black Beans</u> <u>Mixed Greens Salad with Dressing</u> Fruit Cup	<u>Pasta Bean Soup</u> <u>Tuna Salad Sandwich</u> Cucumber Salad in Dill Sauce Fruit Ambrosia	<u>Baked Ziti</u> <u>Green Beans with Onions & Red Peppers</u> <u>Garlic Bread</u> Butterscotch Pears	<u>Grilled Chicken Breast on a Bun</u> <u>Special Sauce</u> <u>Texas Fries</u> <u>Tossed Green Salad with Dressing</u> Fluffy Fruit Dessert
Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:
Green Pepper Beef Noodles, Stir Fry Vegetables, Juice	Sesame Orange Chicken Noodles	Pan Fried Tofu with Spicy Sauce, Noodles Cabbage & Carrots	Chicken with Peppers and Rice Asian Vegetables, Juice	Whole Steamed Fish Fried Rice Juice	Ginger Chicken Stir Fry Green Beans & Rice Juice	Kung Pao Chicken Chinese Noodles Stir Fry Vegetables, Juice
Milk, Juice and Beverage Offered with Every Meal; Underlined items may be replaced with alternate items below them; RDs for Healthcare, Inc.						

Asian Menu	Good For Your Health Menus					Asian Menu
	Winter February 24 - March 1, 2020					
Week 4						
MONDAY Feb. 24	TUESDAY Feb. 25	WEDNESDAY Feb. 26	THURSDAY Feb. 27	FRIDAY Feb. 28	SATURDAY Feb. 29	SUNDAY March 1
Fried Egg Buttered Wheat Toast Hot Farina Blended Juice	Mushroom Cheese Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Orange Juice	French Toast with Warm Syrup Breakfast Meat Hot Oatmeal Pineapple Juice	Scrambled Egg with Vegetables Blueberry Muffin Toasted Oats Apple Juice	Waffle with Warm Syrup Breakfast Meat Hot Oatmeal Grape Juice	Baked Western Omelet Buttered Wheat Toast Raisin Bran Cereal Blended Juice	Coffee Cake Ham & Potato Casserole Hot Oatmeal Orange Juice
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
<u>Beef Enchilada</u> <u>Cilantro Lime Rice</u> <u>Black Beans</u> Custard with Caramel Sauce	<u>Chicken Jambalaya</u> Zucchini with Basil <u>Garlic Bread</u> Mardi Gras Vanilla Mousse Mardi Gras	<u>Old Fashioned Meatloaf</u> <u>Scalloped Potatoes</u> Seasoned Peas with Red Peppers <u>Wheat Roll</u> Orange Blossom Parfait	<u>Roast Beef</u> <u>with Savory Thyme Sauce</u> <u>Red Beans & Rice</u> Parslied Carrots <u>Caesar Salad</u> Blonde Brownies	<u>Hot Open Faced Turkey</u> <u>Sandwich with Gravy</u> <u>Mashed Potatoes</u> Fancy Green Beans Ice Cream	<u>Teriyaki Fish Fillet</u> <u>Herbed Brown Rice</u> Seasoned Spinach <u>Biscuit with Margarine</u> Baked Pear Crunch	<u>Chicken</u> <u>Cordon Bleu</u> <u>Parsley Herb Penne</u> Broccoli with Garlic <u>Wheat Roll</u> Lemon Mousse with Strawberry Sauce
Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:	Lunch Asian Alternate:
Lemon Grass Beef Rice, Carrots & Celery Juice	Asian Hoisin Meatballs with Sauce & Noodles Juice	Chicken Teriyaki Bowl Chinese Noodles Juice	Beef Chow Mein with Noodles Juice	Kung Pao Chicken Chinese Noodles Juice	Sweet & Sour Fish Fluffy Rice Juice	Simmered Chinese Chicken Peanut Sesame Noodles Juice
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
<u>Pork Stew</u> <u>Biscuit with Margarine</u> Confetti Coleslaw Chilled Peaches	<u>Tomato Soup</u> <u>Grilled Cheese Sandwich</u> Cucumber & Onion Salad Fruit Cup	<u>Salmon with</u> <u>Dill Sauce</u> <u>Rice Pilaf</u> <u>Seasoned Broccoli</u> <u>Fresh Green Salad with</u> <u>Dressing</u> Fresh Fruit	<u>Chicken Florentine</u> <u>Casserole</u> Mixed Vegetable Blend <u>Wheat Roll</u> Orange Slices	<u>Pozole Soup</u> <u>with Garnishes</u> <u>Flour Tortilla</u> Fruit Salad Coconut & Lemon Custard Bar	<u>Spaghetti with Meat Sauce</u> <u>Italian Green Salad</u> <u>Garlic Bread</u> Chocolate Chip Cookie	<u>Creamy Cauliflower Soup</u> <u>Green Pepper Beef</u> <u>Fluffy Brown Rice</u> Seasoned Corn Chilled Apricots
Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:	Dinner Asian Alternate:
Peppery Fried Pork Spicy Asian Noodles Juice	Pan Fried Tofu with Spicy Sauce & Rice Juice	Chinese Jook with Fish Spicy Asian Noodles, Stir Fry Vegetables, Juice	Chicken Fried Rice Juice	Pork Chop Suey with Rice Juice	Stir Fry Meat with Vegetables, Noodles, Juice	Shrimp Fried Rice Juice
Milk, Juice and Beverage Offered with Every Meal; Underlined items may be replaced with alternate items below them; RDs for Healthcare, Inc.						

Asian Menu	Good For Your Health Menus February 2 - 8, 2020					Asian Menu
Winter Week 1						
MONDAY March 2	TUESDAY March 3	WEDNESDAY March 4	THURSDAY March 5	FRIDAY March 6	SATURDAY March 7	SUNDAY March 8
Pancake with Warm Syrup Breakfast Meat Hot Oatmeal Pineapple Juice	Fried Egg Buttered Wheat Toast Raisin Bran Apple Juice	Vegetable Sausage Skillet Buttered Wheat Toast Hot Farina Grape Juice	Baked Spanish Omelet Buttered Wheat Toast Toasted Oats Blended Juice	French Toast Casserole Breakfast Meat Hot Oatmeal Orange Juice	Meat & Cheese Breakfast Sandwich Raisin Bran Pineapple Juice	Scrambled Egg Apple Raisin Bran Muffin Hot Oatmeal Apple Juice
Lunch:						
<u>3 Bean Chili</u> Tossed Green Salad with Dressing <u>Cornbread with Green Chilies</u> Citrus Chiffon Delight	<u>Herb Encrusted Beef Roast</u> <u>Mashed Potatoes with Gravy</u> Zesty Spinach <u>Garlic Bread</u> Triple Fruit Crisp	<u>Fish Italiano</u> <u>Creamy Risotto Style Rice</u> Broccoli with Garlic <u>Cucumber Onion Salad</u> Cherry N Cream Square	<u>Roast Turkey Seasoned Sauce</u> <u>Tuscan Roasted Potatoes</u> Green Beans with Red Peppers <u>Wheat Roll</u> Apple Streusel Pie	<u>Beef Goulash</u> <u>Egg Noodles</u> Sage Seasoned Carrots <u>Wheat Roll</u> Ice Cream	<u>Sweet Dijon Chicken</u> <u>Savory Mushroom Rice</u> <u>Dilled Brussels Sprouts</u> <u>Mixed Greens Salad</u> Double Chocolate Brownie Delight	<u>Roast Pork</u> <u>Maine Cranberry Relish</u> <u>Sweet Potatoes</u> Peas with Onions <u>Wheat Roll</u> Pumpkin Dessert Bar
Lunch Asian Alternate:						
Hoisin Meatballs Rice & Juice	Szechuan Beef with Vegetables, Rice and Juice	Lemon Baked Fish Fried Rice, & Juice	Chicken Pad Thai Juice	Oriental Broccoli Beef Rice, & Juice	Ginger Chicken Stir Fry with Green Beans, Rice, Juice	Pork Slices in Hoisin Sauce, Imperial Noodles, Juice
Dinner:						
<u>Split Pea Soup</u> <u>Turkey Salad Sandwich</u> <u>Potato Chips</u> Pineapple with Cinnamon Ginger Sauce	<u>Chicken Chop Suey</u> <u>Chinese Noodles</u> Oriental Green Salad with Asian <u>Sesame Dressing</u> Tapioca Pudding	<u>Cream of Mushroom Soup</u> <u>Smokey Beef Hamburger on a Bun</u> <u>Lettuce & Tomato</u> Fresh Fruit	<u>Lentil Pumpkin Soup</u> <u>Three Cheese Ham Pasta Bake</u> Zucchini with Italian Herbs Mandarin Oranges with Whipped Cream	<u>Italian Vegetable Soup</u> <u>Combination Pizza</u> Tossed Green Salad with Dressing Fresh Fruit Cup	<u>Breaded Fish Fillet</u> <u>Tartar Sauce</u> <u>French Fries</u> Confetti Coleslaw <u>Cornbread Muffin</u> Fruited Cherry Gelatin	<u>Cheese Ravioli</u> <u>Marinara Sauce</u> Italian Green Salad with Dressing <u>Garlic Bread</u> Peanut Butter Cookie
Dinner Asian Alternate:						
Kung Pao Chicken Noodles Stir Fry Vegetables & Juice	Sesame Noodles with Chicken & Cabbage Juice	Beef Chow Mein with Chinese Noodles, Asian Vegetables & Juice	Shrimp Fried Rice Juice	Pan Fried Tofu with Spicy Sauce & Noodles Juice	Whole Steamed Fish with Spicy Asian Noodles Juice	Tofu Chop Suey Chinese Noodles Juice

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