





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Meals are supported through grants from Area Agency on Aging, City of Menlo Park, and donations from YOU!</i></p> <p><i>Thank You!</i></p>		<p>1</p> <p>3-Bean Salad Oven Fried Chicken New Potatoes* Broccoli Apple</p>	<p>2</p> <p>Green Salad w/Kidney Beans Cheese Ravioli w/ Spinach &amp; Tomato Sauce Green Bean, Carrots, and Cauliflower Garlic Bread</p>	<p>3</p> <p><b>Chicken Fajitas</b> Pinto Beans Corn w/Red Pepper Brown Rice Medley* Corn Tortilla Mixed Fruit</p>
<p>6</p> <p><b>Swedish Meatballs over Noodles</b> Cabbage and Carrots with parsley Broccoli Pineapple Chunks</p>	<p><b>Mardi Gras</b> Chicken, Shrimp &amp; Sausage Jambalaya Garden Salad French bread w/ butter Banana Pudding</p> <p>Live music by Felton Booker</p>	<p>8</p> <p>Chickpea Salad <b>Turkey Mediterranean With Penne Casserole</b> Steamed Spinach Cauliflower Orange Juice</p>	<p>9</p> <p><b>Salisbury Steak w/gravy</b> Mashed Potatoes Peas &amp; Carrots Apple Graham Crackers</p>	<p>10</p> <p>Green Salad w/ Mandarin Oranges <b>Chicken Pot Pie</b> Brussels Sprouts Black Eyed Peas Wheat Bread</p>
<p>13</p> <p><b>Open Faced Hot Roast Beef Sandwich</b> Mashed Potatoes Green Beans Apple Graham Crackers</p>	<p>14 <i>Happy Valentine's</i></p> <p><b>Taco Salad with Chicken Breast</b> Rice, Beans, and more! <b>Chocolate Ice Cream with Cherry on the top!</b> Piano Music by Totto</p>	<p>15</p> <p>Oriental Pea Salad <b>Beef Chow Mein</b> with carrots, celery, and water chestnuts Sweet &amp; Sour Cabbage Broccoli &amp; Baby Corn</p>	<p>16</p> <p>Black Bean Salad w/ red pepper <b>Chicken Enchilada Casserole</b> Peas &amp; Carrots Spanish Rice Orange Juice</p>	<p>17</p> <p><b>Herb Crusted Pork</b> with apple sauce Mashed Sweet Potatoes Braised Cabbage w/ parsley Banana Wheat Bread</p>
<p>20</p> <p><b>Closed</b></p> 	<p>21</p> <p>Carrot Salad in Jello <b>Turkey &amp; Bean Chile Verde</b> Steamed Spinach Corn Bread Orange Juice</p>	<p>22</p> <p><b>Beef Stroganoff over egg noodles</b> Broccoli Succotash Pears</p>	<p>23</p>  <p><b>Black History Luncheon &amp; Gospel Festival</b> Delicious homemade meal Gospel, dance and poetry Don't Miss Out! Festive attire requested <b>11:30-1</b></p>	<p>24</p> <p><b>*Beef Sausage with Baked Mac &amp; Cheese</b> Cauliflower Green Beans w/ Almonds Banana Graham Crackers</p>
<p>27</p> <p>Cole Slaw <b>Corn meal breaded Fish</b> Steamed Spinach Red Potatoes Graham Crackers</p>	<p>28</p> <p><b>Lemon Chicken Stir Fry</b> over Steamed Brown Rice Glazed Carrots w/ Ginger Lima Beans Mandarin Oranges</p>	<p>29</p> <p><b>LEAP!</b> Green Salad w/ 1/2 C Kidney Beans <b>Barley &amp; Ground Turkey Stuffed Bell Pepper</b> Broccoli &amp; Cauliflower</p>		<p> <i>Café Menlo</i> <b>February Menu</b> (650) 330-2282 110 Terminal Avenue</p>