

February

Merrimack Valley Nutrition Project at the Greater Lawrence Technical School. This Program is made possible in part by funding from the Older Americans Act as granted by Elder Services of the Merrimack Valley. Milk and Margarine offered with each meal.

2009

MENU SUBJECT TO CHANGE

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>2</p> <p>Stuffed Shells with Marinara Sauce Broccoli Cuts Tossed Salad with Dressing Mixed Fruit – All Whole Wheat Hamburger Roll</p>	<p>3</p> <p>BBQ Pork Rib Mixed Vegetables Low Sodium Potato Chips</p> <p>Chilled Diced Pears -- All Italian Bread</p>	<p>4</p> <p>Baked Turkey Ham Baked Beans Kernel Corn</p> <p>Fruited Gelatin Diet Fruited Gelatin Whole Wheat Bread</p>	<p>5</p> <p>Homemade Meatloaf Gravy Herb Mashed Potatoes Peas and Mushrooms</p> <p>Fruit Smoothie/Diet Yogurt Low Fat Apple Muffin</p>	<p>6</p> <p>Baked Chicken Quarter Whipped Potatoes California Blend Vegetables</p> <p>Fresh Fruit - All Oatmeal Bread</p>
<p>9</p> <p>Veal Roulard Mushroom Gravy Loaded Mashed Potatoes Peas & Pearl Onions</p> <p>Ice Cream – All Whole Wheat Dinner Roll</p>	<p>10</p> <p>Cheese Lasagna with Tomato Sauce Buttered Green Beans</p> <p>Chilled Diced Peaches -- All Bread Stick</p>	<p>11</p> <p>Baked Chicken Quarter Whipped Sweet Potatoes Winter Blend Vegetables</p> <p>Fresh Fruit - All Multigrain Bread</p>	<p>12</p> <p>Valentines Day Cranberry Juice Chicken Grill Bites (4) Sweet & Sour Sauce Rice Pilaf with Red Peppers Chuckwagon Corn Cherry Turnover/Diet Angel Ck Buttermilk Biscuit</p>	<p>13</p> <p>Potato Crunch Fish Red Bliss Mashed Potatoes Carrot Coins</p> <p>Fruited Gelatin Diet Fruited Gelatin Whole Wheat Bread</p>
<p>16</p> <p>CLOSED PRESIDENT'S DAY</p>	<p>17</p> <p>Broccoli, Egg & Cheese Bake O'Brien Potatoes Zucchini & Stewed Tomatoes</p> <p>Chilled Mixed Fruit – All Low Fat Cherry Loaf</p>	<p>18</p> <p>Grape Juice Chicken Fajitas Oriental Style Rice Oriental Style Vegetables</p> <p>Vanilla Pudding/Diet Pudding Tortilla Wrap</p>	<p>19</p> <p>Birthday Dinner Baked Turkey Ham Pineapple Raisin Sauce Sweet Potatoes California Blend Vegetables Birthday Cake/Diet Angel Cake MOW Cup Cakes Whole Wheat Dinner Roll</p>	<p>20</p> <p>Roast Pork Gravy Whipped Potatoes Green and Gold Beans</p> <p>Fresh Fruit - All Dark Rye Bread</p>
<p>23</p> <p>Oven Roast Chicken Quarter Cranberry Sauce Whipped Potatoes Broccoli Cuts</p> <p>Fresh Fruit - All Multigrain Bread</p>	<p>24</p> <p>Stuffed Peppers with Tomato Sauce Mixed Vegetables</p> <p>Chilled Pear Halves -- All Oatmeal Bread</p>	<p>25</p> <p>Ash Wednesday Apple Juice Macaroni and Cheese Stewed Tomato & Green Beans Animal Crackers - All Multigrain Bread</p>	<p>26</p> <p>Low Salt Frank Mustard Baked Beans Cole Slaw</p> <p>Chilled Sliced Peaches -- All Hot Dog Roll</p>	<p>27</p> <p>Pier 17 Fish with Tarter Sauce Herb Roast Potatoes Carrot Coins</p> <p>Smoothie/Diet Yogurt Low Fat Cranberry Muffin</p>