

# FEBRUARY 2018 MENU

## Senior Lunch at Corte Madera Community Center Thursdays at Noon



**Age 60+: \$3.00 Suggested Donation**

*No older adult turned away for lack of funds.*

### **FEB 01**

#### **Turkey Shepherd's Pie**

Zucchini & Onion Sautee'

Whole Wheat Baguette & Butter

Cabbage & Carrot Slaw+\*

Seasonal Fresh Fruit

### **FEB 08**

#### **Lemon Garlic Herb Chicken**

Homemade Macaroni & Cheese

Braised Cabbage+

Spinach Salad w/ Red Onion,

Carrots & Vinaigrette

Seasonal Fresh Fruit

### **FEB 15**

#### **Spinach\* & Mushroom Lasagna (Vegetarian)**

Garlic Bread

Mixed Greens Salad w/ Red Onion,

Carrots & Cucumbers & Vinaigrette

Seasonal Fresh Citrus+

### **FEB 22**

#### **Turkey Chili**

Roasted Sweet Potatoes\*

Brown Rice

Garden Salad with Carrots, Tomato,

Cucumbers & Creamy Italian Dressing+\*

Mixed Fruit Salad

*Organic Lunch Prepared by Good Earth Natural Foods.*

*Menu is subject to change without notice.*

*All meals include 1% Lowfat milk.*

*+denotes vitamin C-rich foods*

*\*denotes vitamin A-rich foods*

The Older Americans Act sets the eligibility for nutrition services at 60 years of age or older. Program participation is not limited with regard to race, color, national origin, gender, sexual orientation, gender identity or disability. Funded in part by the Older Americans Act, administered locally by the Marin County Dept. of Health and Human Services, Aging & Adult Services.