

CITY OF BEVERLY HILLS
RECREATION AND PARKS
DEPARTMENT

FEBRUARY MENU

Roxbury Community Center
471 South Roxbury Drive
Beverly Hills, CA 90212
310.285.6844 Ebba

Reservations are required. Please call by 12:00 p.m. the day before to make your reservation. Lunch is served between 11:30 a.m. and 12:15 p.m. \$3.00 (suggested donation) per meal for seniors (60+) and \$4.00 per meal for non-seniors, low fat or non-fat milk is served with every meal.

This project is funded, in part, by the LA County Area Agency on Aging, through the older Americans Act of 1966, by the City of Culver City and the City of Beverly Hills.

* with trans fat-free spread
** meal includes trans fat
*** high sodium meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 TARRAGON TURKEY STEW BISCUIT* SPINACH SALAD WITH BRUSSEL SPROUTS, BELL PEPPER AND CUCUMBER RANCH DRESSING FRESH FRUIT CUP	2 TORTILLA SOUP SANTA FE CHICKEN WHOLE GRAIN ROLL* ROASTED CORN CABBAGE AND KALE SALAD WITH CELERY 1000 ISLAND DRESSING BANANA
	5 ROAST LS TURKEY BREAST W/ LS SAUCE WG BREAD STUFFING FRESH WHOLE SWEET POTATO OR YAM GREEN BEANS W/ MUSHROOMS & HERBS WALDORF SALAD	6 VEGETABLE BEEF SOUP BREADED WHITE FISH TARTAR SAUCE BARLEY PILAF HARVARD BEETS MIXED SALAD GREENS WITH RADISH AND TOMATO RANCH DRESSING TANGELO, WHEAT BREAD*	7 GRAPE JUICE BBQ CHICKEN TFF CORN BREAD* ROASTED RED POTATO W/ OLIVE OIL SPINACH SALAD W/ MANDARIN ORANGES CHOCOLATE CHIP COOKIE	8 RED BEAN GINGER SOUP LS BEEF VEGETABLE STIR FRY JASMINE BROWN RICE COLESLAW BANANA	9 MEATLOAF W/ LS MUSHROOM SAUCE WG BREAD* SAGE MASHED POTATOES CARROTS AND GREEN PEAS CANTALOUPE OR ORANGE
	12 MUSHROOM SOUP CARIBBEAN CHICKEN BROWN RICE CORN MIXED SALAD WITH KALE SHREDDED BRUSSEL SPROUTS LETTUCE AND SPINACH ITALIAN DRESSING FRESH OR CANNED PEAR	13 ENCHILADA CASSEROLE W/ GROUND TURKEY CORN TORTILLA GREEN BEANS W/ OLIVE OIL MESCLUN SALAD MIX W/ MANDARIN PINEAPPLE AND MANGO	14 GRAPE JUICE CHICKEN A LA ORANGE RICE PILAF WHEAT ROLL* PEAS AND CARROTS COLESLAW WHITE CAKE W/ STRAWBERRY	15 BUTTERNUT SQUASH SOUP TUNA SALAD COLD PLATE WHEAT BREAD* CARROT, APPLE, BELL PEPPER AND CELERY SALAD MIXED SALAD GREENS CUCUMBER AND TOMATO 1000 ISLAND DRESSING BANANA	16 ORANGE JUICE HAMBURGER POTATO SALAD BROCCOLI RAISIN SALAD CHERRY GELATIN WITH PINEAPPLE
	19 ROXBURY COMMUNITY CENTER CLOSED IN OBSERVANCE OF PRESIDENTS' DAY.	20 BEEF FAJITA WARM FLOUR TORTILLA LS PINTO BEANS CARROT RAISIN SALAD CANTALOUPE OR TANGELO	21 EGG DROP SOUP MANDARIN ORANGE CHICKEN JASMINE BROWN RICE PILAF GREEN BEANS W/ MUSHROOMS, WATER CHESTNUTS AND ONIONS COLESLAW APPLESAUCE	22 CHOICE VEGETABLE SOUP SPINACH QUICHE OR BREADED FISH WG ROLL*, FRESH BAKED SWEET POTATO OR YAM GREEN SALAD W/ TOMATO AND RADISH, ITALIAN DRESSING FRUIT CUP WITH MELON OR PINEAPPLE & MANGO	23 CHICKEN CACCITORE BAKED ZITI W/ LS SAUCE WHEAT BREAD* CARROTS & ZUCCHINI W/ HERBS SPINACH AND KALE SALAD 1000 ISLAND DRESSING BANANA
	26 POTATO LEEK SOUP BEEF TIPS W/ MUSHROOMS WG BREAD* WHIPPED CAULIFLOWER PEAS WITH ONIONS CANTALOUPE	27 OVEN FRIED CHICKEN BISCUIT GREEN BEANS W/ OLIVE OIL AND HERBS FRESH BAKED YAM COLESLAW BANANA	28 TURKEY & CURRY VEGETABLES WG ROLL* ROSEMARY POTATOES MIXED GREEN SALAD W/ CKALE, TOMATO AND RADISH RANCH DRESSING FRUIT CUP (PINEAPPLE & MANDARIN ORANGE)		