**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

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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| 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 | 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 |
| 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 | 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 |
| 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) | 10. BEEF FAJITA  
WARM FLOUR TORTILLA  
LS PINTO BEANS  
CARROT RAISIN SALAD  
CANTALOUPE OR TANGELO | 11. BEEF FAJITA  
WARM FLOUR TORTILLA  
LS PINTO BEANS  
CARROT RAISIN SALAD  
CANTALOUPE OR TANGELO | 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 | 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 |