



Come by for lunch! An Invitation to those 60 and over

FEBRUARY
2012

La Comida Senior Nutrition & Services Program

Phone: (650) 322-3742

450 Bryant Street
Palo Alto, California

Lunch Served Monday through Friday (No reservation required)

11:15 to 12:15

Senior Suggested Contribution: \$2.50

Week of	Monday	Tuesday	Wednesday	Thursday	Friday
23-Jan through 27-Jan	Cheese and Spinach Lasagna Whole Grain Roll <u>*Italian Vegetables w/ red peppers</u> Tossed Romaine Salad with *Carrots and dressing <u>Fresh Orange</u>	Tuna Salad Sandwich Whole Wheat Bread Vegetable Soup <u>*Spinach & Romaine Salad</u> with <u>tomatoes</u> and dressing	Hungarian Goulash Barley <u>Cabbage & *carrots</u> <u>Spinach salad</u> with pears & dressing Fresh Apple	Turkey with Gravy Whole Wheat Roll <u>Mashed Potatoes</u> <u>Broccoli</u> Applesauce Dessert	Baked Trout Brown Rice <u>Swiss Chard</u> with White Beans <u>Red Cabbage Slaw</u> <u>Banana</u>
30-Jan through 3-Feb	Chicken Cordon Bleu Pasta <u>Asian Blend veg with *Broccoli</u> Tossed Romaine Salad with <u>Tomatoes &</u> dressing Pineapple Juice -fortified	Chinese New Year Glazed Salmon <u>Broc & Cauliflower</u> Egg Roll with dipping sauce <u>Brown Rice</u> <u>Fresh Satsumas</u>	Roast beef with Gravy Whole Wheat Dinner Roll <u>Mashed Potatoes</u> <u>Green Beans with Red Peppers & onion</u> <u>Citrus Fruit Salad on Romaine</u>	Sweet Chili Glazed Chicken Thighs Rice Butternut Squash <u>Cole Slaw</u> with Green Onion <u>Fresh Fruit & Cookie</u>	Baked Pork Chop Whole Wheat Dinner Roll Baked Potato <u>with Sour Cream</u> <u>Braised Red Cabbage</u> *Apricots
6-Feb through 10-Feb	Cheeseburger with <u>Tomato</u> Onion & Lettuce Whole Wheat Bun *Carrot Raisin Salad Vegetable Soup <u>Tropical Fruit Cup</u>	Chicken Enchiladas with mild green sauce Chuck Wagon Blend Vegies Bean Soup <u>Fresh Orange Wedges</u>	Baked Catfish Corn Muffins <u>Spinach</u> with Beans <u>Coleslaw</u> with Honey Mustard dressing <u>Orange Juice</u>	February Birthday Celebration Chicken Mirabella Cous Cous <u>ter Blend -Broc & Cauliflower</u> <u>Coleslaw</u> Pineapple tidbits & dessert	Meatloaf topped w/ Tomato sauce Whole Wheat Dinner Roll <u>Mashed Potatoes</u> Green Beans <u>Salad with Citrus & dressing</u>
13-Feb through 17-Feb	Lacquered Chicken Spanish Rice Five Way Mixed Vegetables <u>Salad with romaine, tomato and Carrots</u>	Valentines Day Party Baked Fish Pasta San Francisco Blend *Vegetables <u>Strawberry Mandarin Ambrosia</u> SPECIAL ENTERTAINMENT & Dance	Beef Short Ribs Brown Rice <u>Red Cabbage Slaw</u> Asian Blend veg with *Broccoli <u>Fruit Compote with Oranges</u>	Cheddar & Broccoli Quiche Whole Wheat Roll Lentil Soup with carrots <u>*Orange Sunshine Salad</u> with dressing <u>Fruit Cup</u>	Turkey with Gravy Whole Wheat Roll <u>Broccoli with toaste Pecans</u> <u>Mashed Potatoes</u> Fruited Gelatin with <u>mandarins</u>
20-Feb through 24-Feb	La Comida closed for President's Day 	Beef Stew potatoes carrots celery onions in stew <u>Coleslaw</u> Whole Wheat Roll with margarine Applesauce	Lemon Rosemary Chicken Barley Pilaf <u>Steamed Broccoli</u> *Carrot Raisin Salad <u>Orange Juice</u>	Oriental Chicken Salad w/ <u>Mandarin Oranges</u> & sesame dressing on bed of <u>Romaine</u> & Napa Cabbage Dinner Roll White bean Soup with *carrots Chef' Surprise Dessert	Baked Tilapia with Parmesan Orzo Pilaf Eggplant with Tomato sauce <u>Green salad</u> with mixed beans & Italian dressing <u>Orange Juice & Ice Cream</u>

Need a ride?
Call the transportation Coordinator for Avenidas 6950-289-5400

VISIT OUR WEBSITE:
www.Lacomida.org

La Comida caters lunch to our south Palo Alto location at Stevenson House Mon-Fri.
Stevenson House 455 E. Charleston Rd., Palo Alto 94306 Call 494-1944 ext. 10
Fresh Fruit is Available for Diabetics to substitute for sweetened fruits

Open at 11:15 --Lunch Served 11:30a.m. - 12:15 p.m. NON-SENIOR LUNCH FEE \$5.00

February

La Comida is funded by the participant's Contributions, direct donations, our City of Palo Alto, Santa Clara County, State of California & our Federal Government

Indicates Menu with >1000 mg sodium /menu (salt shaker by higher sodium item)

BOLD type-indicates whole grain item; underline item indicates high vitamin C; *-asterisk indicate high Vit. A

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HAPPY
NEW YEAR!