

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>BLACK HISTORY MONTH</p>			<p>1</p> <p>LUNCH S: Italian Casserole w/ Breadsticks SO: Creamy Potato & Leek MBB: Cobbler Bar</p> <p>DINNER S: Fresh Catch of the Day w/ Rice V: Sesame Tofu, Vegetarian Paella, Oriental Vegetable Salad P: Pasta w/ Goat Cheese & Tomatoes</p>	<p>2</p> <p>LUNCH S: Meatball Parmesan Subs SO: Split Pea w/ Ham</p> <p>DINNER S: Greek Chicken Salad V: Buffalo Tofu, Pasta Primavera, Romaine w/ Apples & Onions P: Pasta Amabiatta</p>	<p>3</p> <p>LUNCH S: Taco Bar w/ Rice, Refried Beans & Churros SO: Cream of Mushroom</p> <p>DINNER S: Vegetable Lasagna V: Sweet & Sour Tofu, Orzo w/ Eggplant & Red Pepper & Caesar Salad P: Spinach & Feta Pasta</p>	<p>4</p> <p>LUNCH S: Chicken Tenders, Fries, Mac & Cheese SO: Chili con Carne</p> <p>DINNER S: Meatloaf w/ Mashed Potatoes V: Zesty Orange Tofu, Rice & Stir-Fried Veggies P: Pasta Caprese</p>
<i>Menu Items Subject to Change Based Upon Availability</i>						
<p>5</p> <p>LUNCH S: Lemon Pepper Pollack w/ Roasted Red Potatoes SO: Minestrone w/ Pasta</p> <p>DINNER S: Turkey & Stuffing Casserole V: Szechuan Tofu, Rice & Stir-Fried Veggies P: Four Cheese Pasta</p>	<p>6</p> <p>LUNCH S: Cheesesteaks SO: Roasted Red Pepper & Tomato</p> <p>DINNER S: Sizzling Buffalo Chicken Salad V: Teriyaki Tofu, Taco Salad, Rice, Waldorf Salad P: Pasta Primavera</p>	<p>7</p> <p>LUNCH S: Fried Cod w/ Chips & Corn on the Cob SO: Butternut Squash & Roasted Garlic</p> <p>DINNER S: Five Bean Casserole w/ Scalloped Potatoes V: General Tso's Tofu, Squash & Lentils, Rice & Greek Salad P: Vegetarian Scampi</p>	<p>8</p> <p>LUNCH S: Corned Beef Hash w/ Shredded Potatoes SO: Creamy Potato & Leek MBB: Hot Chocolate Bar</p> <p>DINNER S: Lemon Chicken w/ Mashed Potatoes V: Stuffed Portobellos, Sweet Chili Tofu, Rice, Asian Noodle Salad P: Vegetarian Diablo</p>	<p>9</p> <p>LUNCH S: Shrimp Jambalaya, Rice & Okra SO: Split Pea w/ Ham</p> <p>DINNER S: Fresh Catch of the Day w/ Rice V: Buffalo Tofu, Indian Potatoes, Rice, Spinach Salad w/ Beets P: Portabella & Butternut Squash Pasta</p>	<p>10</p> <p>LUNCH S: Beef Pot Pie SO: Cream of Mushroom</p> <p>DINNER S: Baked Ham w/ Candied Yams V: Heish BBQ Tofu, White Bean Chili, Rice, Vegetarian Cobb Salad P: Hot Balsamic Pasta Salad</p>	<p>11</p> <p>LUNCH S: Chicken Tenders, Fries, Mac & Cheese SO: Chili con Carne</p> <p>DINNER S: Beef & Potato Casserole V: Blackened Tofu, Rice & Stir-Fried Veggies P: Pasta Caprese</p>
<p>12</p> <p>LUNCH S: Chicken Stew w/ Roasted Potatoes SO: Minestrone w/ Pasta</p> <p>DINNER S: Meatloaf w/ Scalloped Potatoes V: Rice, Sesame Tofu, Stir-Fried Veggies P: Four Cheese Pasta</p>	<p>13</p> <p>LUNCH S: Beef & Cheese Chimichanga w/ Mexican Rice & Refried Beans SO: Roasted Red Pepper & Tomato</p> <p>DINNER S: Shepherd's Pie V: Curried Tofu, Polenta w/ Bean Salsa, Rice, Country Vegetable Salad P: Broccoli Alfredo Pasta</p>	<p>14</p> <p>LUNCH S: Chicken Cacciatore SO: Butternut Squash & Roasted Garlic</p> <p>DINNER S: Ham & Green Bean Casserole V: Honey Garlic Tofu, Veggie Slew w/ Cous Cous, Rice, Cuban Rice Salad P: Garlic Caper Penne</p>	<p>15</p> <p>LUNCH S: Hot Turkey Sandwiches SO: Creamy Potato & Leek MBB: Baked Potato Bar</p> <p>DINNER S: Sizzlin' Santa Fe Chicken Salad V: Mango Papaya Tofu, Provençal Sandwich, Rice, Cucumber Salad P: Pasta w/ Olives & Tomato</p>	<p>16</p> <p>LUNCH S: Gyros SO: Split Pea w/ Ham</p> <p>DINNER S: Fresh Catch of the Day V: Chipotle Buffalo Tofu, Black Bean Burritos, Rice, Garden Salad P: Penne Carbonara</p>	<p>17</p> <p>LUNCH S: Chicken Fried Steak SO: Cream of Mushroom</p> <p>DINNER S: BBQ Chicken w/ Wild Rice V: Sweet Chili Tofu, Curried Sweet Potatoes, Rice, Tofu Ginger Sesame Salad P: Pasta Fagioli</p>	<p>18</p> <p>LUNCH S: Chicken Nuggets, French Fries & Mac & Cheese SO: Chili con Carne</p> <p>DINNER S: Meaty Lasagna w/ Breadsticks V: Zesty Orange Tofu, Stir-Fried Veggies, Rice P: Pasta Caprese</p>
Black History Month Dinner						
<p>19</p> <p>LUNCH S: Beef Pot Pie w/ Biscuits SO: Minestrone w/ Pasta</p> <p>DINNER S: Sweet Potato & Ham Casserole V: Szechuan Tofu, Rice & Stir-Fried Veggies P: Pasta a la Vodka</p>	<p>20</p> <p>LUNCH S: Mushroom Chicken Casserole SO: Roasted Red Pepper & Tomato</p> <p>DINNER S: Grilled Pollack, Slow-Roasted Potatoes V: Hoisin BBQ Tofu, Spicy Kale & Bean, Rice, Mandarin Orange Spinach Salad P: Pasta a la Vodka</p>	<p>21</p> <p>LUNCH S: Shrimp Scampi w/ Penne SO: Butternut Squash & Roasted Garlic</p> <p>DINNER S: Shrimp Caesar Salad V: Honey Garlic Tofu, Chili Baked Potato, Rice, Market Salad P: Pasta w/ Parmesan & Roasted Veggies</p>	<p>22</p> <p>LUNCH S: Italian Casserole SO: Creamy Potato & Leek MBB: Taco Bar</p> <p>DINNER S: Fresh Catch of the Day w/ Rice V: Sesame Tofu, Vegetarian Paella, Rice, Oriental Vegetable Salad P: Pasta w/ Goat Cheese & Tomatoes</p>	<p>23</p> <p>LUNCH S: Meatball Parmesan Subs SO: Split Pea w/ Ham</p> <p>DINNER S: Greek Chicken Salad V: Buffalo Tofu, Pasta Primavera, Romaine w/ Apples & Onions P: Pasta Amabiatta</p>	<p>24</p> <p>LUNCH S: Taco Bar w/ Rice, Refried Beans & Churros SO: Cream of Mushroom</p> <p>DINNER S: Vegetable Lasagna V: Sweet & Sour Tofu, Orzo w/ Eggplant & Red Pepper & Caesar Salad P: Spinach & Feta Pasta</p>	<p>25</p> <p>LUNCH S: Chicken Tenders, Fries, Mac & Cheese SO: Chili con Carne</p> <p>DINNER S: Meatloaf w/ Mashed Potatoes V: Zesty Orange Tofu, Rice & Stir-Fried Veggies P: Pasta Caprese</p>
Mardi Gras Dinner						
<p>26</p> <p>LUNCH S: Lemon Pepper Pollack w/ Roasted Red Potatoes SO: Minestrone w/ Pasta</p> <p>DINNER S: Turkey & Stuffing Casserole V: Szechuan Tofu, Rice & Stir-Fried Veggies P: Four Cheese Pasta</p>	<p>27</p> <p>LUNCH S: Cheesesteaks SO: Roasted Red Pepper & Tomato</p> <p>DINNER S: Sizzling Buffalo Chicken Salad V: Teriyaki Tofu, Taco Salad, Rice, Waldorf Salad P: Pasta Primavera</p>	<p>28</p> <p>LUNCH S: Fried Cod w/ Chips & Corn on the Cob SO: Butternut Squash & Roasted Garlic</p> <p>DINNER S: Five Bean Casserole w/ Scalloped Potatoes V: General Tso's Tofu, Squash & Lentils, Rice & Greek Salad P: Vegetarian Scampi</p>	<p>29</p> <p>LUNCH S: Corned Beef Hash w/ Shredded Potatoes SO: Creamy Potato & Leek MBB: Fondue Bar</p> <p>DINNER S: Lemon Chicken w/ Mashed Potatoes V: Stuffed Portobellos, Sweet Chili Tofu, Rice, Asian Noodle Salad P: Vegetarian Diablo</p>	<p>S = </p> <p>V = Vegetarian Selection of the Day at </p> <p>MBB = Monotony Breaker Bar</p> <p>SO = Soup of the Day at </p> <p>P = Pasta Feature of the Day at </p>		