

# February Menu 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b>	<p style="text-align: right;">2</p> <b>Rotini Pasta with Turkey Meat Sauce</b> Green Beans Varietal Apples	<p style="text-align: right;">3</p> <b>Orange Chicken with Rice</b> Broccoli Berries & Yogurt	<p style="text-align: right;">4</p> <b>Turkey Casserole with Cabbage and Zucchini</b> Whole Wheat Bread Applesauce	<p style="text-align: right;">5</p> <b>Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa</b> Corn Oranges	<p style="text-align: right;">6</p> <b>Beef Slider on Whole Wheat Slider Bun w/ Lettuce, Tomato, and Ketchup</b> Roasted Potatoes Mixed Berry Crumble
<b>WEEK TWO</b>	<p style="text-align: right;">9</p> <b>Macaroni and Cheese with Butternut Squash Puree</b> Peas and Carrots Varietal Apples	<p style="text-align: right;">10</p> <b>Veggie Fried Rice with Eggs, Carrots, Baby Bok Choy, Celery and Onions</b> Banana	<p style="text-align: right;">11</p> <b>BBQ Chicken</b> Whole Wheat Roll Corn Pear	<p style="text-align: right;">12</p> <b>Veggie Lasagna with Cheese, Tomato Sauce, White Beans, &amp; Pureed Mushrooms</b> Mixed Green Salad with Sweet Mustard Dressing Berries & Yogurt	<p style="text-align: right;">13</p> <b>Confetti Meatloaf</b> Whole Wheat Slider Bun Mashed Root Vegetables Peach Crumble
<b>WEEK THREE</b>	<p style="text-align: right;">16</p> <b>Mild Vegetarian Chili with Pinto Beans, Carrots, Tomatoes, Corn, Onions, Quinoa, and Cheese.</b> Whole Wheat Bread Varietal Apples	<p style="text-align: right;">17</p> <b>Chicken Alfredo with Cauliflower Puree</b> Green Beans Apples	<p style="text-align: right;">18</p> <b>Turkey Sloppy Joe with Whole Wheat Bun</b> Carrot Sticks Bananas	<p style="text-align: right;">19</p> <b>Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, and Mild Salsa on Flour Tortilla</b> Cabbage & Carrot Coleslaw with Mayo & Yogurt Applesauce	<p style="text-align: right;">20</p> <b>Green Spaghetti with Broccoli Pesto, White Beans, and Seasonal Greens</b> Maple Roasted Parsnips Pear Crumble
<b>WEEK FOUR</b>	<p style="text-align: right;">23</p> <b>Sweet &amp; Sour Chicken with Baby Bok Choy, Onions, Celery and Carrots</b> Rice Varietal Apples	<p style="text-align: right;">24</p> <b>Sneaky Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese</b> Mixed Green Salad with Sweet Mustard Dressing Bananas	<p style="text-align: right;">25</p> <b>Cuban Chicken Sandwich on Whole Wheat Bun</b> Carrot Sticks Pears	<p style="text-align: right;">26</p> <b>Macaroni and Cheese with Butternut Squash Puree</b> Peas and Carrots Applesauce	<p style="text-align: right;">27</p> <b>Hearty Beef Stew with Potatoes, Carrots, and Onions</b> Cornbread Oranges

*FareStart's Contract Kitchen is a nut-free facility. Our menu changes seasonally and focuses on fresh, seasonal produce (sourced locally as much as possible).*



**FARESTART**

*Great Food. Better Lives.*