

FEBRUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 STUFFED PEPPER MASH POTATO MIXED VEG ICE CREAM	4 CHICKEN PARM ZITI TOSSED SALAD W/DRESSING APPLESAUCE	5 BEEF STROGANOFF OVER RICE WHOLE BABY CARROTS JELL-O	6 TILAPIA SWEET POTATO SPINACH BANANA	7 COWBOY CASSEROLE W/ BISQUIT ITALIAN GREEN BEANS POUND CAKE
10 ESTUARY BURGER ON WHOLE WHEAT BUN CALIFORNIA BLEND MANDARIN ORANGES	11 MANICOTTI W/ TOMATO SAUCE TOSSED SALAD CHOCOLATE PUDDING	12 CHICKEN FLORINTINE WILD RICE BROCCOLI APPLESAUCE	13 SLOPPY JOE ON BUN CAULIFLOWER CITRUS FRUIT	14 VALENTINE'S DAY LUNCHEON ROAST PORK W/ GRAVY ROASTED POTATO GREEN BEANS CHERRY PIE
17 PRESIDENTS DAY CLOSED	18 SALISBURY STEAK GRAVY MASH POTATO ITALIAN BLEND SHERBET	19 CHICKEN BBQ BROWN RICE PEAS AND CARROTS PEARS	20 SPAGHETTI AND MEATBALLS TOSSED SALAD COOKIES	21 FISH OF THE DAY ROASTED POTATOES STEWED TOMATOES APPLE
24 CHICKEN TERIAYKI RICE PILAF ORIENTAL BLEND PEACHES	25 AMERICAN CHOP SUEY ZUCCHINI BUTTERSCOTCH PUDDING	26 LEMON PEPPER FISH SPANISH RICE ITALIAN GREEN BEANS BIRTHDAY CAKE	27 ROAST TURKEY GRAVY MASHED POTATO PEAS AND ONIONS CRUSHED PINEAPPLE	28 CHEESE ROTELLI W/ TOMATO SAUCE TOSSED SALAD BROWNIES

(Menu subject to change without notice)

CHESTER – 29 West Main Street CLINTON – 54 East Main Street OLD SAYBROOK – 220 Main Street OLD LYME – 26 Town Woods Road

WESTBROOK – Westbrook Town Hall, Senior Center, 866 Boston Post Road, **THURSDAYS ONLY**

RESERVATIONS AND CANCELLATIONS NEED TO BE MADE 24 HRS IN ADVANCE BY CALLING THE ESTUARY OFFICE AT 388-1611 BEFORE 11:00A.M.

THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY NANCY EASTWOOD, RD

8 OZ. 1% MILK MULTI GRAIN BREAD ARE SERVED WITH EACH MEAL UNLES NOTED ABOVE. COND. SERVED AS POSTED

8 oz. – 1% milk Multi-grain breads are served with each meal unless noted above Condiments are served as posted