

**MAINE STREET DINER MENU – February 1-February 19, 2010**

V=Vegetarian (no meat products); VGN=Vegan (no egg, dairy, or meat products)

<<S>> Fish/Shellfish allergy alert; <<-N>> Nut/Peanut allergy alert

**SERVED DAILY:**Chicken Tenders, Macaroni & Cheese, Smashed Potatoes, Stuffing



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb. 1- Feb. 5, 2010	Herb Crusted Pork Loin♥ Country Fried Steak Spicy Tofu with Basil-VGN Baked Sweet Potatoes Broccoli Florets-VGN	Marinated Flank Steak Roast Turkey Cannellini Beans and Orzo-VGN Baked Potato Corn-VGN	Turkey Stew <<Baked Salmon - S>> ♥ Tofu Stuffed Portabella Mushroom Cap-VGN Butternut Squash Apple-Cranberry Bake-VGN Rice Pilaf Broccoli Florets-VGN	Yankee Pot Roast Honey BBQ Boneless Pork Chops Tempeh with Roasted Vegetables-VGN♥ Oven Brownd Potatoes Green Peas-VGN	Chicken with Creamy Mushrooms and Leeks Blackened Steak Tips Tofu Vegetable Saute-VGN♥ Egg Noodles Parslied Baby Carrots-VGN
Feb. 8-Feb. 12, 2010	Batter Dipped Chicken London Broil with Sherry Mushroom Sauce Garden Chili-VGN Oven Brownd Potatoes Corn-VGN	Baked Ham Beef Pot Pie BBQ Tempeh-VGN Dirty Rice Braised Collard Greens-VGN	Montreal Chicken Salisbury Meatloaf <<Pad Thai-N>>-VGN Parmesan Roasted Red Potatoes Broccoli Florets-VGN	Beef Stroganoff Herb Roasted Turkey Breast Jazzman Jambalaya-VGN Egg Noodles Parslied Baby Carrots-VGN	<<Lemon Pepper Haddock-S>> Pork Loin Stuffed with Spinach and Roasted Peppers Vegetable Pot Pie-V Rice Pilaf Prince William Vegetables-VGN
Feb. 15-Feb 19, 2010	Roast Turkey Shepherd's Pie Tex Mex Bake-V Baked Potato Broccoli Florets-VGN	<<Baked Stuffed Haddock -S>> Apple-Stuffed Roast Pork Loin <<Sweet Potato Casserole-N>>V Tempeh with Hot Chili Garlic Sauce-VGN Green Beans-VGN	Swedish Meatballs Turkey Pot Pie Authentic Cajun Red Beans and Rice-VGN Egg Noodles Corn-VGN	Pork Chops with Bleu Cheese Gravy Chicken Fricassee Vegetable Cassoulet-VGN Oven Brownd Potatoes Prince William Vegetables-VGN	Braised Beef Tips BBQ Chicken Hot and Spicy Noodles with Vegetables-VGN Scalloped Potatoes Chopped Spinach-VGN

