




February 2012

No Senior over 60 will be refused a meal due to lack of funds.

SUGGESTED DONATION: \$3.25 - MEAL TICKETS \$30.00/10 MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		February 1	February 2	February 3
<p>Taking food home with you done at your own risk. Be sure to eat within 30 min. or refrigerate.</p> <p>Microwave: 2-3 min. on high. Oven: Preheat to 350, heat 10 min or until bubbly Discard uneaten food after 2 days</p>	<p>Every Day Alternate: <i>Chef's Salad (Regular, All Chicken, All Ham, or Vegetarian)</i></p> <p><i>Hamburger or Veggie Burger Available on <u>Soup Days</u>.</i></p>	<p>Chicken Parmesan Whole Wheat Penne w/Marinara Sauce+ Italian Vegetable Blend*+ Tropical Fruit Cup</p>	<p>Romaine w/ Beets & Tomatoes+ Hearty Beef Stew with Carrots & Potatoes* Whole Wheat Roll Hot Apricot Dessert*</p>	<p>Mixed Green Salad w/ Vinaigrette+ Meat Lasagna Sauteed Chard+* Bread Stick Fresh Canteloupe*</p>
February 6	February 7	February 8	February 9	February 10
<p>Baked Ziti w/Cheese and Ground Turkey Three Bean Salad w/ Onions, Peppers & Vinaigrette Carrot Coins* Mandarin Oranges+</p>	<p>Beef Taco Salad Romaine & Vegetables+* Tomato Salsa, Cheese Garnish Tortilla Chips Black Bean and Corn Fresh Orange+</p>	<p>Garden Salad w/ Carrots Tomato and Vinaigrette+* Teriyaki Glazed Chicken Quarter Green Cabbage+ Brown Rice Fruit Cup</p>	<p>Low Sodium Ham with Orange Glaze Baked Sweet Potatoes+* Garlicky Green Beans Whole Wheat Dinner Roll Citrus Ambrosia+</p>	<p>Hearty Vegetable Soup* Mock Crab Salad on Bed of Romaine w/ Fresh Vegetables & Tomatoes+ Muffin Pear Halves</p>
February 13	February 14	February 15	February 16	February 17
<p>Romaine w/ Cucumber Red Onions & Kidney Beans w/ Vinaigrette Stuffed Cabbage Roll w/ Creole Sauce+ Buttered Peas Brown Rice Pineapple Slices+</p>	<p>VALENTINE'S DAY LUNCHEON Minnestrone Soup Roasted Chicken with Alfredo Sauce over Whole Wheat Penne Steamed Broccoli+* Valentine Chocolates Strawberries+</p>	<p>Beef Ravioli with Meat Sauce+ CA Vegetable Mix* Spinach Salad with Cucumbers, carrots & Italian Dressing+* Melon Slices</p>	<p>Caesar Salad with Croutons & Parmesan Baked Fish with Peppers, Onions and Tomatoes+ Rice Pilaf Sauteed Spinach+* Cinnamon Applesauce</p>	<p>Roast Pork Loin with Fruit Sauce Yukon Gold Potatoes Baby Carrots* Tangerine+ Whole Wheat Roll</p>
February 20	February 21	February 22	February 23	February 24
<p>President's Day Holiday</p> 	<p>Mardi Gras Celebration Mixed Greens w/ Carrots Beets and Ranch* Creole Shrimp & Tomatoes+ Served w/ Seasoned Red Beans and Brown Rice "Bananas Foster" w/ Vanilla Ice Cream & Caramel Sauce</p>	<p>Split Pea & Carrot Soup* Turkey Salad Sandwich on Whole Wheat w/ Lettuce, Tomato & Condiments Potato Salad Pineapple Rings+</p>	<p>Homemade Meatloaf with Gravy Mashed Potatoes <i>Spinach Salad with Tomato, Homemade Vinaigrette+*</i> Whole Wheat Roll Fresh Fruit Salad+</p>	<p>FEBRUARY BIRTHDAY CELEBRATIONS Beef Tamale with Housemade Sauce Seasoned Black Beans Corn Salad w/ Pimentos Tortilla Chips Chocolate Cake Orange+</p>
February 27	February 28	February 29		
<p>Chicken Salad with a Whole Wheat Pita Lettuce & Tomato+ Carrot & Raisin Salad* Apple Juice with Vit C+ Cookies</p>	<p>Mixed Greens w/ Tomato+ & Cucumber Chili Con Carne with Grated Cheddar Peas and Carrots+* Fresh Seasonal Fruit Corn Bread</p>	<p>Spinach Salad with Mandarin Oranges & Sesame Dressing+* Sweet & Sour Pork with Vegetables+ Ginger Brown Rice Peaches</p>	<p>High Sodium <> High Fat # High Sodium & Fat <>#</p> <p>Vitamin C Source + Vitamin A Source * Vitamin C & A Source +*</p>	