

SENIOR CENTERS FEBRUARY MENU

*Carbohydrate servings are posted at each center with recommendations for diabetes management.
Your \$2.50 donation is appreciated so all can eat. This menu is low sodium/low fat.*

Monday	Tuesday	Wednesday	Thursday	Friday
HAVE YOU NOTICED MORE MEAT AND POTATOES IN YOUR MEALS? WE'VE UPDATED OUR MENU TO BRING YOU MORE OF YOUR FAVORITE MEALS. WE HOPE YOU ENJOY THE CHANGES!		Chicken Fried Rice Cabbage Ambrosia Pudding Apples	Meatballs in Gravy Penne Pasta Italian Green Beans Cole Slaw	Fish Sandwich Mixed Vegetables Fruit Compote Lettuce/Tomato
		1	2	3
Birthday Monday! Pot Roast W/Gravy Mashed Potatoes Peas/Carrots Fruit Birthday Cake	BBQ Rib Patty Sandwich Lima Beans Peaches	Salisbury Steak W/Gravy Delmonico Potatoes Peas Peaches	Shrimp/Sausage Jambalaya Rice Mixed Vegetables Fruited Gelatin	Bratwurst/Buns O'Brien Hashbrowns Sauerkraut Fruit
6	7	8	9	10
Chicken Breast Penne Pasta Broccoli Pears	Valentine's Day Meatloaf/Gravy Roasted Red Potatoes Stewed Tomatoes Scandinavian Vegetables Cherry Crisp Dinner Rolls	Mongolian Beef Brown Rice Fruit Cocktail Italian Green Beans Cookies	Sweet/Sour Meatballs Rice Diced Carrots Apples	Beef Brushetta Mashed Potatoes Peas Fruited Gelatin
13	14	15	16	17
Chicken Alfredo Penne Pasta Spinach Mixed Vegetables	Pork Rib Patty/Gravy Potatoes O'Brien Cabbage Tossed Salad	Lent Begins Salmon Burger Fruit Compote Brussels Sprouts Cookies	Veal Patty Parslied Rice Green Peas Ambrosia Pudding	Penne Primavera Green Beans Spiced Peaches Breadsticks Cookies
20	21	22	23	24
Lemon Pepper Chicken Penne Pasta Green Beans Chuckwagon Corn Fruit Cocktail	Beef Patty/Gravy Mashed Potatoes Broccoli au Gratin Fruited Gelatin	Chicken Casserole Brown Rice Cabbage Peach/Pear Mix	MEALS ON WHEELS MENUS MAY VARY	
27	28	29		