

FEBRUARY, 2012
SENIOR CENTERS LUNCH MENU

TO RESERVE A MEAL PLEASE CALL ONE DAY IN ADVANCE

MILK AND BREAD SERVED WITH ALL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) HAPPY BIRTHDAY Baked Chicken Breast w/Gravy Creamy Ranch Noodles Green Beans Chilled Apple Juice Whole Wheat Bread "Birthday Cake"	2) Baked Pepper Steak w/Gravy Rice Pilaf Sweet Peas & Onions Whole Wheat Bread Fresh Fruit	3) Cheeseburger Lettuce, 1 Slice Tomato Homemade Vegetable Soup Sandwich Roll/Saltines Lime Frosted Pears*
6) Hot Roast Beef w/Gravy Baked Potato Dill Green Beans 2 Whole Wheat Bread Fresh Fruit	7) Baked Chicken w/Gravy over Waffles Fresh Pepper Slaw Baby Carrots Gelatin w/Topping*	8) Baked Meatloaf w/Gravy Whipped Potatoes Sweet Corn Whole Wheat Bread Cherry Crisp w/Oatmeal Topping*	9) Baked Ham Slice w/Cloves Sweet Potatoes Steamed Broccoli w/Red Peppers Rye Bread Graham Crackers Sherbet*	10) Chili Con Carne Tossed Salad w/Tomato White Rice Corn Bread Square Mandarin Oranges*
13) Roast Turkey w/Gravy Homemade Stuffing Whipped Potatoes Whole Wheat Bread Fresh Fruit	14) Baked Swiss Steak w/Mushroom Gravy O'Brien Potatoes Sweet Peas 2 White Bread Vanilla Pudding*	15) VALENTINE'S SPECIAL Baked Salmon Patty w/Cream Sauce Rice Pilaf Green Bean Almandine Chilled Apple Juice Wheat Dinner Roll Sweetheart Mousse*	16) Baked Lasagna w/Marinara Sauce Tossed Salad w/Tomato Frosty Pineapple Juice Italian Bread Sherbet*	17) Sloppy Joe Sandwich Ham & Bean Soup Sandwich Roll/Saltines Chilled Apple Juice Sliced Peaches*
20) CENTERS CLOSED PRESIDENT'S DAY	21) Baked Chicken Supreme w/Cream Sauce Bow Tie Pasta Steamed Broccoli Whole Wheat Bread Fresh Fruit	22) "Ash Wednesday" Baked Breaded Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Pineapple & Mandarin Oranges*	23) BBQ Mock Spare Ribs Buttered Potatoes Steamed Broccoli Sandwich Roll Sliced Peaches*	24) Baked Salisbury Steak w/Gravy Baked Potato w/Sour Cream Harvard Beets 2 Whole Wheat Bread Fresh Fruit
27) Baked Paprika Chicken Breast w/Gravy Oven Brown Potatoes Green Beans 2 Whole Wheat Bread Chocolate Pudding*	28) Baked Swedish Meatballs w/ Mushroom Gravy Egg Noodles Sliced Carrots Multi Grain Bread Cinnamon Applesauce*	29) "Leap Year Day" "Bravo Italiano Day" Baked Pizza Casserole Tossed Salad w/Tomato Garlic Bread Stick Rockin' Grape Juice Fresh Fruit		

Served Daily: 1 tsp. Margarine, 8 oz. 1% Milk

*DENOTES AVAILABILITY OF HEALTHY CHOICE DESSERT