







# February Menu 2012

**Suggested Donation \$3.00 for adults 60 yrs or older**

**Lunch is served 12:00 -12:30 pm**

Monday	Tuesday	Wednesday	Thursday	Friday
		Crab Cake 1 with Cucumber Sauce Coleslaw Rice Pilaf California Blend Vegetables * Oatmeal Date Bar Juice + Milk	2 Chicken Tetrazini Spinach Salad * Broccoli + Peach Melba  Wheat Bread & Milk	3 Smoked Turkey, Potato & Cheese Turnover Green Beans Grapes Juice + Milk 
6 Spaghetti with Meatballs Tossed Green Salad * Brussels Sprouts + Apricots  Garlic Bread & Milk	7 Stuffed Potato + with Vegetarian Chili Maui Salad Half Banana  Wheat Roll & Milk	8 Chicken Marabella Penne Pasta Carrots * Pears Juice + Breadstick & Milk	9 Meatloaf with Gravy Red Potatoes Mixed Vegetables * Half Orange +  Wheat Bread & Milk	10 Roast Pork with Gravy Mashed Potatoes Green Beans Almondine Spiced Cranberry/Orange Mold Sugar Cookie Juice + Wheat Roll & Milk
13 Caesar Salad Lentil Stew Pears Juice + Cornbread & Milk	14 Baked Chicken with Gravy Mashed Potatoes Peas & Carrots * Raspberry Cookie Juice + Wheat Roll & Milk	15 Chef Salad Plate with Turkey, Ham, Cheese Vegetable Soup  Half Orange + Bran Bread & Milk	16 Ground Beef Stroganoff with Noodles California Blend Vegetables * Mandarin Oranges +  Breadstick & Milk	17 Roast Turkey with Gravy Stuffing Baked Squash * Half Banana Juice + Milk
20 <b>HOLIDAY</b>  All Sites CLOSED No Home Delivered Meals	21 Breaded Pollock with Tartar Sauce Rice Pilaf French-Cut Green Beans Grapes Juice + Wheat Bread & Milk	22 Beef and Macaroni Casserole Tossed Green Salad Applesauce Juice +  Pumpkin Bread & Milk	23 Chicken Dijon Red Potatoes Italian Blend Vegetables * Half Orange +  Wheat Bread & Milk	<b>Birthday Luncheon</b> 24 Baked Ham Tuscan Beans Carrots * Lemon Cake  Juice + Hawaiian Roll & Milk
27 Cashew Chicken Brown Rice Oriental Vegetables Fortune Cookie Juice + Wheat Bread & Milk	28 Beef Stew with Squash, Potatoes, Carrots * Coleslaw Mandarin Oranges +  Biscuit & Milk	29 Chicken Spinach Lasagna Tossed Green Salad * Raspberry Sherbet Juice +  Garlic Bread & Milk	<b>Menu is subject to change</b>  <b>Watch for foods with the following symbols...</b> *... <b>Vitamin A rich</b> +... <b>Vitamin C rich</b>	
			<b>This symbol indicates a meal that contains more than 1000 mg of Sodium</b> 	

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