



# 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</p> <p>Discard uneaten food after 2 days</p>	<p><b>Every Day Alternate:</b> <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>Romaine w/ Beets &amp; Tomatoes+</p> <p><b>Hearty Beef Stew with Carrots &amp; Potatoes*</b></p> <p>Whole Wheat Roll</p> <p>Hot Apricot Dessert*</p>	
February 6	February 7	February 8	February 9	February 10
	<p><b>Beef Taco Salad</b> Romaine &amp; Vegetables+* Tomato Salsa, Cheese Garnish Tortilla Chips Black Bean and Corn Fresh Orange+</p>		<p><b>Low Sodium Ham with Orange Glaze</b> Baked Sweet Potatoes+* Garlicky Green Beans Whole Wheat Dinner Roll Citrus Ambrosia+</p>	
February 13	February 14	February 15	February 16	February 17
	<p><b>VALENTINE'S DAY LUNCHEON</b> Minnestrone Soup <b>Roasted Chicken with Alfredo Sauce over</b> Whole Wheat Penne Steamed Broccoli+* Valentine Chocolates Strawberries+</p>		<p>Caesar Salad with Croutons &amp; Parmesan</p> <p><b>Baked Fish with Peppers, Onions and Tomatoes+</b></p> <p>Rice Pilaf Sauteed Spinach+* Cinnamon Applesauce</p>	
February 20	February 21	February 22	February 23	February 24
<p>President's Day Holiday</p> 	<p><b>Mardi Gras Celebration</b> Mixed Greens w/ Carrots Beets and Ranch* <b>Creole Shrimp &amp; Tomatoes+</b> Served w/ Seasoned Red Beans and Brown Rice "Bananas Foster" w/ Vanilla Ice Cream &amp; Caramel Sauce</p>		<p><b>Homemade Meatloaf with Gravy</b> Mashed Potatoes <i>Spinach Salad with Tomato, Homemade Vinagrette+*</i> Whole Wheat Roll Fresh Fruit Salad+</p>	
February 27	February 28	February 29		
	<p>Mixed Greens w/ Tomato+ &amp; Cucumber</p> <p><b>Chili Con Carne</b> with Grated Cheddar Peas and Carrots+* Fresh Seasonal Fruit Corn Bread</p>		<p><b>High Sodium &lt;&gt; High Fat # High Sodium &amp; Fat &lt;&gt;#</b></p> <p><b>Vitamin C Source + Vitamin A Source * Vitamin C &amp; A Source +*</b></p>	