



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				February 1 Tomato and White Wine Braised Chicken Breast 1/2 cup Rice Pilaf 1/2 cup Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit 	February 2 Breaded Fish Sandwich with Cheese 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Hamburger Roll 1/2 cup Sliced Pears 
February 5 Pizza Burger 1/2 cup Baked Sweet Potato Bites 1/2 cup Creamy Cole Slaw Hamburger Roll 1/2 cup Sherbet 	<u>February Birthdays</u> February 6 1 cup Chicken and White Bean Chili 1 cup Tossed Salad with Tomato and Dressing 1/2 cup Baked Potato Biscuit Mandarin Oranges Birthday Cake 	February 7 Burgundy Beef with Mushrooms over 1/2 cup Egg Noodles 1/2 cup Carrots Wheat Bread 1/2 cup Mixed Fruit Salad 	February 8 Center Cut Pork Chop with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Sweet Peas White Bread 1/2 cup Apple Cranberry Crisp 	February 9 Chicken Alfredo 1/2 cup Penne Pasta with Sauce 1/2 cup Italian Green Beans Garlic Breadstick Fresh Seasonal Fruit 	
February 12 Pot Roast with 1 ounce Gravy 1/2 cup Baked Potato 1/2 cup Sliced Carrots Italian Bread Sugar Cookie 	February 13 Turkey Roll Up with Stuffing and Gravy 1/2 cup Whipped Potatoes 1/2 cup Mixed Vegetable Medley White Bread 1/2 cup Applesauce 	<u>Valentine's Day Special</u> February 14 Chicken Rosa Baked Potato with Sour Cream 1/2 cup Peas and Onions Dinner Roll Strawberry Fluff 	February 15 Beef Burrito (3 ounces Meat, Cheese, Lettuce, Tomato) 1/2 cup Warm Fiesta Corn 1/2 cup Spanish Rice Tortilla Shell 1/2 cup Baked Pineapple 	February 16 Potato Crusted Pollock 1/2 cup Cheesy Shells 1/2 cup Sweet Peas White Bread Fresh Seasonal Fruit 	
February 19  Senior Center Closed President's Day	February 20 Baked Sweet Sausage Sandwich with 2 ounces Peppers and Sauce with 1/2 ounce Mozzarella Cheese 1 cup Creamy Potato Soup with Crackers Sausage Roll Peach Cobbler Delight 	February 21 Roasted Porkloin with 1 ounce Gravy 1/2 cup Rosemary Seasoned Redskins 1/2 cup Green Beans Biscuit with Apple Butter Fresh Seasonal Fruit 	February 22 Warm Roast Beef Sandwich with Cheese and Au Jus 1 cup Vegetable Soup with Crackers Sandwich Roll Fresh Seasonal Fruit 	February 23 Vegetable Lasagna with Parmesan Cream Sauce 1 cup Tossed Salad with Tomato Wedge and Hardboiled Egg Garlic Breadstick 4 ounces Orange Juice 	
February 26 Bratwurst 1/2 cup Seasoned Potatoes 1/2 cup Peas and Onions Hotdog Roll Sugar Cookie Mustard Packet 	February 27 Chicken Marsala 1/2 cup Garlic and Parmesan Pasta 1 cup Tossed Salad with Tomato and Dressing Wheat Bread 1/2 cup Mandarin Oranges 	February 28 Baked Meatloaf with gravy 1/2 cup Whipped Potatoes 1/2 cup Creamed Corn Wheat Bread 1/2 cup Sliced Apples 			

*** All meals are subject to change ***

*** Served Daily: 8 ounces Milk and 1 teaspoon Margarine