



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Sweet and Sour Chicken (30)</b> Steamed White Rice (21) Stir Fried Vegetables (12) Cottage Cheese & Fruit (12) Fortune Cookie (24)	<b>2 Country Fried Steak (4)</b> Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)	<b>3 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	<b>4 Kalua Pork (00)</b> Hawaiian Rice (25) Peas and Carrots (14) Pineapple Tidbits (07) Brownie (23) Fresh Baked Roll (15)
<b>7 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (26) Diced Pears (19) Mixed Vegetables (12) Fresh Baked Roll (15)	<b>8 Three Cheese Tortellini with Bolognese Sauce (28)</b> Garden Green Salad (02) Diced Carrots (06) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)	<b>9 Roast Turkey Breast (03)</b> Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)	<b>10 Hearty Beef and Vegetable Stew (14)</b> Fresh Green Salad (02) Fresh Cornbread (33) Peaches (19) Chocolate Brownie (23)	<b>11 Ziti Pasta with Meat Sauce (25)</b> Steamed Broccoli (04) Fresh Garlic Roll (15) Orange (22) Brownie (23)
<b>14 Barbeque Chicken (03)</b> Au Gratin Potato (19) Green Beans (2) Fresh Apple (28) Fresh Baked Roll (16) Valentines Cookie (16)	<b>15 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	<b>16 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	<b>17 Three Bean Beef Chili (3)</b> Seasoned California Blend Vegetables (18) Fresh Baked Roll (16) Apple (28) Cookie Bar (24)	<b>18 BBQ Pulled Pork (03)</b> Scalloped Potatoes (13) Seasoned Corn (02) Fresh Local Apple (28) Fresh Baked Roll (16)
 <b>NO MEAL</b>	<b>22 Cured Honey Baked Ham</b> Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (15) Tropical Fruit (08)	<b>23 Homemade Chicken Pot Pie (14)</b> Fresh Baked Biscuit (25) Garden Green Salad (02) Diced Pears in Jell-O (10)	<b>24 Garlic Roasted Beef Round (00)</b> Herb Roasted Baby Potatoes (15) Peas (11) Diced Peaches (8) Fresh Baked Roll (16)	<b>25 Santa Fe Shredded Turkey on Brown Rice (30)</b> Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)
<b>28 Creamed Chicken over White Rice (30)</b> Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07) Cookie Bar (24)	<u>Alternate Meal Schedule (Senior Center lunches Only)</u> Feb 1: Chicken Noodle Soup with Turkey Sandwich Feb 2-4: Cream of Potato Soup with Turkey Sandwich Feb 7-11: Salad Feb 14-15: Vegetable Beef Soup with Turkey Sandwich Feb 16-18: Chicken Noodle Soup with Turkey Sandwich Feb 22-25: Salad Feb 28: Cream of Broccoli Soup with Turkey Sandwich		Low fat milk (12) is provided with each meal  Number in parentheses represent carbohydrate count	Suggested donation \$3/meal  <b>Menu subject to change</b>