


Monday	Tuesday	Wednesday	Thursday	Friday
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>	<b>1 Sweet and Sour Chicken (30)</b> Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (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> Loaded Mashed Potato (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)
<b>6 Swedish Meatballs (39)</b> Rice (21) Seasoned Carrots (6) Orange (22) Apple Crisp (67) Garden Green Salad (2)	<b>7 Roast Turkey Breast (03)</b> Garlic Mashed Potatoes & Turkey Gravy (25) Green Beans (02) Fresh Baked Roll (15) Mandarin Oranges (11)	<b>8 Shepherd's Pie (79)</b> Diced Carrots (6) Pears (12) Garden Green Salad (2)	<b>9 Kalua Pork (00)</b> Hawaiian Rice (25) Black Beans (14) Pineapple Tidbits (07) Fresh Baked Roll (15) Chocolate Brownie (23)	<b>10 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (26) Fruit Fluff with Cottage Cheese (28) Mixed Vegetables (12) Fresh Baked Roll (15)
<b>13 Teriyaki Chicken Bowl (8)</b> Steamed Brown Rice (21) Fresh Broccoli (4) Fruit Cocktail (14) Fresh Baked Roll (15)	<b>14 Cheesy Italian Sausage Pasta Bake (19)</b> Green Beans (02) Apple Sauce (14) Fresh Garlic Roll (15) Cookie Bar (23)	<b>15 Three Bean Beef Chili (3)</b> Seasoned California Blend Vegetables (18) Corn Chips (18) Cheese (22) Diced Peaches (18) Cookie Bar (24)	<b>16 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (18)	<b>17 Garlic Roasted Beef Round (00)</b> Herb Mashed Potatoes with Gravy (30) Peas (11) Jell-O with Fruit (14) Fresh Baked Roll (16)
<b>21</b>  <b>NO MEAL</b>	<b>21 Cured Honey Baked Ham (0)</b> Loaded Mashed Potatoes(19) Diced Beets (06) Fresh Corn Bread (33) Apple Sauce (14)	<b>22 Homemade Chicken Pot Pie (14)</b> Fresh Baked Biscuit (25) Garden Green Salad (02) Mandarin Oranges (28) Cookie Bar (23)	<b>24 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	<b>24 Santa Fe Shredded Turkey on Brown Rice (30)</b> Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)
<b>27 Creamed Chicken over White Rice (30)</b> Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	<b>28 BBQ Pulled Pork (03)</b> Loaded Mashed Potatoes(19) Seasoned Corn (02) Fresh Local Apple (28) Fresh Baked Roll (16)	<b>Alternate Meal Schedule (Senior Center Lunches Only)</b>		
		<u>Turkey Sandwich with Soup:</u> Feb 1-3 Cream of Potato Feb 13-14 Vegetable Beef		<u>Salad:</u> Feb 6-10 Feb 21-24
		Feb 15-17 Chicken Noodle Feb 27-28 Cream of Broccoli		