


# February 2024



Suggested donation \$3/meal

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Alternate Meal Schedule (Senior Center Lunches Only)</b>			<b>1 Country Fried Steak (4)</b> Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)	<b>2 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)
<u>Turkey Sandwich with Soup:</u> Feb 1-2 Cream of Potato Feb 12-13 Vegetable Beef Feb 14-16 Chicken Noodle		<u>Salad:</u> Feb 5-9 Feb 20-23		
<b>5 Swedish Meatballs (39)</b> Rice (21) Broccoli (4) Orange (22) Fresh Baked Roll (15) Cookie Bar (18)	<b>6 Roast Turkey Breast (03)</b> Garlic Mashed Potatoes & Turkey Gravy (25) Green Beans (02) Fresh Baked Roll (15) Fruit Cocktail (28)	<b>7 Three Bean Beef Chili (3)</b> Corn and Carrots (18) Corn Bread (28) Mixed Fruit and Jell-O (09)	<b>8 Kalua Pork (00)</b> Hawaiian Rice (25) Cole Slaw (4) Pineapple Tidbits (07) Fresh Baked Roll (15)	<b>9 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (26) Fruit Fluff with Cottage Cheese (28) Seasoned Peas (12) Fresh Baked Roll (15)
<b>12 Teriyaki Chicken Bowl (8)</b> Steamed Rice (21) Steamed Broccoli (4) Fruit Cocktail (14) Fresh Baked Roll (15)	<b>13 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Apple Sauce (14)	<b>14 Cheesy Italian Sausage Pasta Bake (19)</b> Broccoli (4) Apple Sauce (14) Fresh Garlic Roll (15) Valentine Cookie (23)	<b>15 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (18)	<b>16 Garlic Roasted Beef Round (00)</b> Herb Mashed Potatoes with Gravy (30) Apple (28) Mixed Veggies (11) Fresh Baked Roll (16)
  <b>NO MEAL</b>	<b>20 Cured Honey Baked Ham (0)</b> Loaded Mashed Potato (19) Diced Beets (06) Fresh Corn Bread (33) Fruit Cocktail (8)	<b>21 Beef Taco Salad (05)</b> Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	<b>22 BBQ Chicken (03)</b> Au Gratin Potato (19) Seasoned Green Beans (02) Diced Peaches (19) Fresh Baked Roll (16)	<b>23 Beef Stroganoff over Rice (34)</b> Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)
<b>26 Fish Filets with Tartar Sauce (15)</b> Potato Wedges (18) Mixed Vegetables (12) Mixed Fruit Cocktail (14) Fresh Baked Roll (16)	<b>27 Shepherd's Pie (79)</b> Diced Carrots (6) Pears (12) Garden Green Salad (2) Chewy Chocolate Brownie (23)	<b>28 Hawaiian Haystacks</b> Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (22) Coconut Flakes, Cheese, Chow Mein Noodles (18) Diced Tomato (0) Diced Celery (0)	<b>29 Biscuit (25) and Sausage Gravy (14)</b> Scrambled Eggs (01) Tater Tots (18) Cottage Cheese & Peaches (28)	Low fat milk (12) is provided with each meal  Number in parentheses represent carbohydrate count