

February 2017

Senior Wellness and Nutrition Program Menu

Reservations and cancellations must be made 48 hours in advance to the Site Manager



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 Baked Pork Chop w/ Gravy Scalloped Potatoes Oriental Veggies. Apple Juice Wheat Roll Brownie</p>	<p>2 Salisbury Steak w/ Gravy Mashed Potatoes w/Gravy Peas Wheat Bread Tropical Fruit Salad</p>	<p>3 Veggie Lasagna Tossed Salad Prince Edward Blend Veggies. Garlic Bread Pears</p>
<p>6 Stuffed Peppers w/ Mozz. Cheese Steamed Rice Mixed Vegetables Wheat Bread Fruit Cocktail</p>	<p>7 Baked Ham Cheesy Potatoes California Mixed Vegetables Rye Bread Applesauce</p>	<p>8 Italian Chicken Buttered Noodles Spinach Grape Juice Dinner Roll Apple Crisp</p>	<p>9 Meatloaf w/ Gravy Mashed Potatoes w/Gravy Corn Wheat Bread Mandarin Oranges</p>	<p>10 NEW-Potato Crusted Cod w/Tartar Sauce Potato Wedges Coleslaw 12 Grain Bread Banana Cookie</p>
<p>13 Breaded Chicken Breast AuGratin Potatoes Cauliflower Rye Bread Apricots</p>	<p>14 Chili & Cheese Cornbread Chuckwagon Corn Apple Juice Valentine's Day Treat</p>	<p>15 Sliced Roast Turkey w/Gravy Mashed Potatoes w/Gravy Squash Wheat Bread Fruited Jello</p>	<p>16 Roast Pork Apple Sweet Potato Casserole Green Beans Wheat Roll Peaches</p>	<p>17 Stuffed Shells w/ Meat Sauce Tossed Salad Broccoli Garlic Bread Fresh Orange</p>
<p>20 Holiday </p>	<p>21 Cheddar Baked Fish Parsley Red Pot. Broccoli Rye Bread Mandarin Oranges</p>	<p>22 Spaghetti & Meatballs Capri Blend Vegetables Garlic Bread Fresh Apple</p>	<p>23 Chicken & Biscuits Mixed Vegetables Grape Juice Berry Pie</p>	<p>24 Macaroni & Cheese Stewed Tomatoes 12 Grain Bread Pears</p>
<p>27 Fried Chicken Mashed Potatoes w/Gravy Broccoli Fruit Punch 12 Grain Bread Pudding</p>	<p>28 Pot Roast Baked Potato w/Sour Cream Prince Edward Vegetables Wheat Roll Cinnamon Applesauce</p>	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>Q: Why did the banana go out with the prune? A: Because it couldn't get a date.</p> </div>		

All meals are served with 1/2 pint milk and margarine.

Menus are subject to change without notification.

ATTENTION:

Meals on Wheels Participants - Please call if you will NOT be home for your meal delivery.