



# Senior Lunch Menu

**FEBRUARY 2017**

All Meals are served with Dinner Roll and 2% Milk or Skim Milk

**Make Half your Plate Fruit and Vegetables:**  
 Fruit and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Don't let cost stop you from enjoying produce. Frozen and canned are great alternatives. See "20 Ways to Enjoy More Fruit and Vegetables" at [www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Beefy King Ranch Casserole, Tossed Salad/dressing, Vegetable Medley, Hawaiian Cup	2 Turkey Croquette, Parmesan Potatoes, Coleslaw, Fruit Trifle	3 Beef Tips with mushrooms gravy, Jefferson Noodles, Spinach, Fruit Crisp	4
5 	6 Meatloaf, Fresh Mashed Potatoes, Gravy, Cheesy Spinach, Fruit Salad/Birthday cake 	7 Sliced Glazed Ham, Sweet Potatoes Wedges, Lima Beans, Hawaiian Fruit Cup	8 Veggie Lasagna, Caesar Salad w/ dressing, Tropical Fruit Salad	9 BBQ Beef Platter, Soft Pinto Beans, Zucchini Casserole, Fruit Cobbler, Cornbread	10 Cheddar Baked Fish, Potato Fingers, Calico Coleslaw, Peaches/Chocolate Chip Cookie	11
12	13 Lemon Pepper Turkey, Sage Dressing, Green Peas, Fruit Crisp	14 Marinated Pork Roast, Baked Beans, Sweet & Sour Cabbage, Peanut Butter Cookie	15 Meat Lasagna Tossed Salad/dressing, Peaches/Chocolate Brownie	16 Chicken Rice Casserole, Corn Obrien, Seasoned Brussel Sprouts, Berry Cup	17 Breaded Pork Chop w/gravy, Back-Eye Peas, Greens, Fruit Trifle	18
19	20 Cranberry Glazed Pork, Yam Patties, Green Beans, Citrus Cup/Pound Cake	21 Salisbury Steak, Macaroni & Cheese, Cheesy Broccoli & Cauliflower, Fruit Crisp	22 Maple Glazed Pork Chop, Potato Fingers, Coleslaw, Fruit Cobbler	23 Beef Stroganoff, White Rice, Carrot Coins, Mandarin Oranges/Chocolate Chip Cookie	24 Oven Fried Chicken, Chuck wagon Corn, Stewed Tomatoes, Fruit Cocktail/ Assort. Cake	25
26	27 Chopped Steak, Mashed Potatoes, gravy, Mixed Vegetables, Peach Cobbler	28 Lemon Pepper Chicken, Cheesy Spinach, Corn O'Brien, Fruit Trifle				