

SENIORS LUNCH PROGRAM

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Beef Piccata, Baked Potato, Broccoli & Cauliflower w/ cheese, Peaches	2 Veggie Lasagna, Caesar Salad w/dressing, Strawberries w/ topping	3 Beef Tips w/ gravy, Jefferson Noodles, Spinach, Fruit Crisp	4 Cheddar Baked Fish, Potato Fingers, Coleslaw, Peaches, Chocolate Chip Cookie	5 Cranberry Glazed Pork, Yam Patties, Greens, Citrus Cup /Pound cake	6
7	8 Meatloaf, Mashed Potatoes, Cheesy Spinach, Apple Crisp	9 Tuna Casserole, Caesar Salad w/dressing, Fruit Cobbler	10 Chicken Rice Casserole, Corn O'Brien, Brussel Sprouts, Apricot halves/Cookie	11 BBQ Beef Platter, Baked Beans, Greens, Peach Cobbler, Cornbread	12 Teriyaki Chicken, Brown Rice, Zucchini w/ onions, Poke Cake, Cornbread	13
	14 15 Lemon Pepper Chicken w/ gravy, Cheesy Spinach, Corn O'Brien, Fruit Trifle	16 Maple Glazed Pork Chop, Potato Fingers, Con-fetti Coleslaw, Fruit Cobbler	17 Roasted Chicken, Corn Pudding, Green Beans, Mandarin/Gelatin Cubes	18 Italian Meat Sauce, Jefferson Noodles, Caesar Salad w/dressing, Rosy Pears	19 Honey Glazed Turkey, Sweet Potato Fingers, Squash Medley, Pound Cake, Peaches	20
21	22 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Assort. Cake	23 Marinated Pork Roast, Baked Beans, Sweet & Sour Cabbage, Apples	24 Beef King Casserole, Garden Salad/dressing Vegetable Medley, Hawaiian Cup	25 Oven Chicken, Chuckwagon Corn, Stewed Tomatoes, Fruit Cocktail ,Cookie	6 Salisbury Steak, Mashed Potatoes w/gravy Broccoli & Cauliflower, Apricots & Prunes	27
28	29 Lemon Pepper Turkey, Sage Bread Dressing, Green Peas, Fruit Crisp					

Healthy Tip of the Month:
Watch Portion Sizes

Do you know if you're eating the proper portion size? Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean meat, poultry, seafood or beans. To complete the meal, add a glass of fat-free or low fat milk or a serving of fat free yogurt for dessert. Visit www.choosemyplate.org

All meals are served with a choice of Skim or 2% Milk and Dinner Roll