





SENIOR LUNCH MENU

February 2018



Mon	Tue	Wed	Thu	Fri
			1 Meat Lasagna, Tossed Salad w/ dressing, Berry Cup, Brownie	2 Maple Glazed Pork Chop, Potato Fingers, Coleslaw, Fruit Cobbler
5 Beef Piccata, Baked Potato, Cheesy Broccoli & Cauliflower, Birthday Cake, Fruit	6 Spinach, Mushroom, Cheese Lasagna, Caesar Salad w/dressing, Strawberries w/topping	7 Beef Tips w/ mushroom gravy, Parsley Noodles, Stewed Tomatoes, Fruit Crisp	8 Cheddar Baked Fish, Potato Fingers, Confetti Coleslaw, Peaches, Chocolate Chip Cookie.	9 Cranberry Glazed Pork Roast, Yam Patties, Greens, Citrus Cup/Pound Cake
12 Oven Fried Chicken, Chuckwagon Corn, Stewed Tomatoes, Marble Cake/Fruit	13 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Strawberries/Pound Cake	14 Beefy King Casserole, Tossed Salad w/dressing, Peas/ Peanut Butter Cookie	15 Marinated Pork Roast, Pinto Beans, Sweet & Sour Cabbage, Baked Apples/Ginger Snaps cookie	16 Turkey Croquette, Parmesan Potatoes, Carrot Coins, Fruit Trifle
19 Meatloaf, Mashed Potatoes/ gravy, Cheesy Spinach, Fruit Crisp	20 Tuna Noodle Casserole, Tossed Salad w/dressing, Fruit Cobbler	21 Chicken Rice Casserole, Cauliflower w/red peppers, Brussel Sprouts, Mandarin Oranges/Cake	22 BBQ Beef Platter, Black Eyed Peas, Sliced Zucchini, Peach Cobbler, Cornbread	23 Teriyaki Chicken, Brown Rice, Green Beans, Poke Cake
26 Lemon Pepper Turkey, Sage Bread Dressing, Green Peas, Fruit Crisp	27 Cornflake Chicken, DelMonico Potatoes, Coleslaw, Brownie	28 Salisbury Steak, Mashed Potatoes/gravy, Cheesy Broccoli, Stewed Apricots/ Prunes		

Healthy Tip of the Month:
 Eat Seafood Twice a Week.
 Seafood— Fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

All meals are served with Dinner Roll and 2% Milk and Skim Milk

