

Mon

Tue

Wed

Thu

Fri



This menu is for all our senior centers. Call your senior center with questions/comments.

Subject to change

**4**

Chicken Sandwich with lettuce, and tomato
Sweet Potato Fries
Mixed Vegetables
Fruited Pudding

5

Beef Roast
Mashed Potatoes w/Gravy
Peas and Carrots
Fruit

6

Beef Stew
Corn Bread
Coleslaw
Cookie
Fruit

7

Spaghetti w/Meat Sauce
Corn
Garlic Bread
Fruit Cocktail

8

Beef Tips over Mashed Potatoes
Green Beans
Applesauce
Cake

11

Ham Slice
Sweet Potatoes
Peas
Tropical Fruit

12

Sloppy Joe
Cheesy Potatoes
Baked Beans
Pears

13

Pork Chop
Boiled Potatoes
Brussel Sprouts
Sunshine Cake

14

Chicken Monterey
Smashed Red Potatoes
Carrots
Peaches

15

Turkey Sandwich
Beef Vegetable Soup
Three Bean Salad
Mandarin Oranges

18

Beef Steak w/Gravy
Mashed Potatoes
Green Beans
Fruit

19

Sliced Turkey w/Stuffing
Mashed Potatoes
Capri Mix Vegetables
Pumpkin Mousse

20

Chicken Tenders
Macaroni & Cheese
Peas
Vegetables & Dip; Fruit

21

Pasty
Broccoli Slaw
Fruit

22

Lasagna
Italian Vegetables
Garlic Bread
Strawberry Jell-O

25

Chicken Alfredo over Noodles
California Blend Vegetables
Garden Salad
Fruit Cup

26

Hamburger Gravy over Mashed Potatoes
Baby Carrots
Fruit Cup

27

BBQ Chicken
Oven Potatoes
Wax Beans
Mandarin Orange/Banana
Fruit Cup

28

Scalloped Potatoes & Ham
Green Beans
Fruit Crisp

29

Cheeseburger
Oven Potato Wedges
Peas
Fruit
Fruit Cup

Mon**Tue****Wed****Thu****Fri****1**

Chicken Parmesan over
Pasta
Mixed Vegetables
Fruit

2

Bourbon Steak over Rice
Garden Salad
Fruit Cocktail

3

Scalloped Potatoes & Ham
Corn
Cherry Cake

4

Pork Chop
Mashed Potatoes w/Gravy
Green Beans
Applesauce

5

Beef Tips over Noodles
Beets
Brussel Sprouts
Fruited Jell-O

8

Bratwurst w/Bun
Baked Beans
Oven Potatoes
Warm Apples

9

Monterey Chicken
Garlic Potatoes
Carrots
Pears

10

Valentine Celebration
Turkey w/Gravy
Mashed Potato
Monte Carlo Veggie
Dessert

**11**

Breakfast Sandwich
English muffin w/egg, sausage,
cheese
Hash Brown
Banana; Orange Juice

12

Beef Vegetable Soup
Tuna Sandwich
Cucumber Salad
Fruit

15

Cheeseburger w/Bun
French Fries
Cole Slaw
Fruit

16

BBQ Ribs
Twice Baked Potato
Green Beans
Citrus Ambrosia

17

Taco Bake
Spanish Rice
Mexi Corn
Fruit

18

Hamburger Gravy
Mashed Potatoes
Peas and Carrots
Tropical Fruit

19

Polish Sausage
Sauerkraut
Boiled Potatoes
Cream Corn
Peaches

22

Dinner Frank
Cheesy Potatoes
Peas
Fruited Pudding

23

Beef Stroganoff o/Noodles
Mixed Vegetables
Cole Slaw
Dessert

24

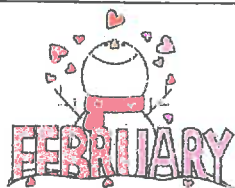
BBQ Chicken Breast
Sour Cream Potatoes
Rutabagas
Mandarin Oranges

25

Sloppy Jo
Oven Potatoes
Three Bean Salad

26

Spaghetti w/Meatballs
Lettuce Salad
Garlic Bread



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