

FEBRUARY MENU

ROCK SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

 <p>FEBRUARY MENU Menu is for all our senior centers. Call your senior center with questions/comments.</p>			<p>1 Chicken Vegetable Soup Egg Salad Sandwich Chilled Beet Salad Fruit</p>	<p>2 CLOSED</p>
<p>5 BBQ Pulled Pork on a Bun Au Gratin Potatoes Baked Beans Fruit</p>	<p>6 Chicken Marsala Over Garlic Mashed Potatoes Green Beans Mandarin Oranges</p>	<p>7 Lasagna Caesar salad Garlic Breadstick Fruit Crisp</p>	<p>8 Chili Sweet Roll Pea and Cheese Salad Fruit</p>	<p>9 CLOSED</p>
<p>12 Western Egg Bake Hash Browns Mini Bagel Orange</p>	<p>13 Polish Sausage/Kraut Diced Potatoes Cream Corn Fruit</p>	<p>14 Baked Salmon Boiled Potatoes Peas Pears</p>	<p>15 Beef Fritter Mashed Potatoes and Gravy Green Beans Plums</p>	<p>16 CLOSED</p>
<p>19 Swiss Chicken with Mushrooms over Rice Broccoli; Salad Fruit</p>	<p>20 Ham Scalloped Potatoes Green Beans Pineapple</p>	<p>21 Bourbon Chicken Philly Mashed Potatoes Winter Vegetables Citrus Pie Square</p>	<p>22 BBQ Ribs Twice-Baked Potato Key West Vegetables Strawberry Fluff</p>	<p>23 CLOSED</p>
<p>26 Hamburger Gravy over Mashed Potatoes Cream Corn Apple Crisp</p>	<p>27 Parmesan Chicken over Basil Garlic Pasta Brussel Sprouts Zucchini-Tomato Salad Fruit</p>	<p>28 Cranberry-Glazed Pork Sweet Potato Vegetable Blend Fruit Dessert</p>		

[HOW DO I GET TO THE SENIOR CENTER?](#)

[EMAIL THE CENTER](#)

WEEKLY ACTIVITIES (center closed on Fridays): **ROCK** 356-6420

Every Monday, Dime bingo, 12:30-2:15 p.m.

Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.

Every Wednesday, Play cards, 10:30 a.m. to 3 p.m.

OTHER ACTIVITIES:

Super Bowl Guesses Due, Feb. 1. Classic Movie Day (“It Happened One Night”), Feb. 6, 2 p.m. Bake sale, Feb. 13, 4-6 p.m. Senior Corporation Dance, Feb. 11, 1-5 p.m. Mardi Gras Evening Meal, Feb. 13, (call 356-6420 at least one day prior to reserve a seat). Valentine’s Day Party, Feb. 14, noon (call 356-6420 at least one day prior to reserve a seat). Spin the wheel, Feb. 20, 6 p.m. Monthly Food Distribution, Feb. 14, 8 a.m. to 3 p.m. Birthday Party, Feb. 28, noon (call 356-6420 at least one day prior to reserve a seat).