



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 * Ham slice Pineapple ring Potatoes O'Brien Pea salad Bread Spiced peaches
4 Hot turkey sandwich Gravy Mashed potatoes Country garden pasta Bread Gelatin	5 Pork tacos Red beans and rice Seasoned corn Applesauce	6 Lemon garlic cod Macaroni and cheese Mixed vegetables Rye bread Lemon fruit cup	7 Meatloaf Baby baker potatoes Savory green beans Dinner roll Yogurt Mandarin oranges	8 BBQ pork on a bun Steak fries California vegetables Cake Pears
11 Pollock Scalloped potatoes Green beans Bread pudding Mandarin oranges	12 Salisbury steak with mushroom gravy Mashed potatoes Corn Wheat bread Pineapple	13 Oven baked chicken Mixed vegetables Kidney bean salad Dinner roll Fruit	14 Cheeseburger on a bun French fries Garden vegetable salad Ice cream Mixed fruit	15 Roast beef slice Gravy Mashed potatoes Steamed broccoli Roll Fresh fruit
18 <i>Aging Partners offices and all senior centers are closed for Presidents Day.</i>	19 Seasoned tilapia Rice blend Honey roasted carrots Cornbread Pudding Fruit	20 Crispy ranch chicken Mashed sweet potatoes Steamed peas Bread Cake	21 Pork roast Gravy Baby baker potatoes Roasted squash Bread Cinnamon apples	22 Beef and bean taco salad with tomatoes, cheese and salsa Tortilla chips Cookie Pears
25 Hot roast beef sandwich Gravy Mashed potatoes Sliced beets Frozen fruit mix	26 * Sliced ham Steamed corn Sweet potato Wheat roll Pears	27 Turkey slice Twice baked potato Garden vegetable salad Dinner roll Pudding	28 Tater tot casserole Dill carrots Sourdough bread Fruited gelatin	

Menus are subject to change.

All meals include 1 percent or fat-free milk and margarine.
Condiments and dressing available for sandwiches and salads.
*Low sodium alternative available

\$4 meal suggested contribution age 60 and over.

\$8 meal fee under age 60.

\$4 transportation suggested contribution age 60 and over.



A Pioneering Area Agency on Aging

February

Lite-Choice Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef and Swiss on rye Raw veggies with dip Pudding Fruit
4 Taco soup Corn chips Tossed salad Granola bar Pears	5 Tuna salad on bun Carrot sticks with dip Yogurt Fruit	6 Ham and cheese sandwich Potato salad Trail mix bar Fresh fruit	7 Chicken noodle soup Crackers Egg salad sandwich Pickled beets Cinnamon applesauce	8 Turkey and cheese sandwich Tossed salad Pudding Fruit
11 Chicken salad sandwich Dill pickle spear Coleslaw Fruit cocktail	12 Breakfast burrito Tomatoes and zucchini Pears	13 Ham salad sandwich Soup Carrot sticks with dip Crackers Apple	14 Tuna salad sandwich Tomato juice Pudding Fruit cup	15 Chicken pasta salad Pickled beets Chex® mix Peaches
18 <i>Agging Partners offices and all senior centers are closed for Presidents Day.</i>	19 Chef salad with chicken Breadstick Gelatin Diced pears	20 Tuna salad sandwich Corn salad Rice Krispie bar Fresh fruit	21 Chicken and noodles Tossed salad Yogurt Fruit cocktail	22 Cold oven fried chicken Potato salad Relish sticks Roll Fruit
25 Turkey and cheese sandwich Pickled beets Cookie Peaches	26 Pimento cheese sandwich Marinated vegetable salad Granola bar Fruit	27 Roast beef sandwich Broccoli pea salad Pretzels Raspberry applesauce	28 Chef salad with chicken Dinner roll Yogurt Orange	

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