

# Senior Center Lunch Menu

February 2019

Monday	Wednesday	Friday
<p><b>** MENU SUBJECT TO CHANGE WITHOUT NOTICE**</b></p>		<p><b>1<sup>st</sup></b> Chicken &amp; Dressing Casserole, Baked Sweet Potato, California Vegetable Blend, Multi-Grain Bread, Pears, Coffee, Milk, Margarine</p>
<p><b>4<sup>th</sup></b> Baked Chicken Breast, Lemon Dill Sauce#, Mashed Sweet Potatoes, Seasoned Green Peas, Wheat Roll, Rocky Road Pudding#, Coffee, Milk, Margarine</p>	<p><b>6<sup>th</sup></b> Breaded Pollock, Cheesy Potatoes, Mixed Vegetables, Hamburger Bun, Pears, Coffee, Milk, Tarter Sauce, Margarine </p>	<p><b>8<sup>th</sup></b> Hamburger Patty, Lettuce, Tomato &amp; Onion, Potato Salad, Baked Beans, Wheat Hamburger Bun, Spiced Apples, Coffee, Milk, Ketchup, Mustard</p>
<p><b>11<sup>th</sup></b> Breaded Fish Fillet, Parslied Potatoes, Stewed Tomatoes, Wheat Hamburger Bun, Pineapple Tidbits, Coffee, Milk, Tarter Sauce</p>	<p><b>13<sup>th</sup></b> Pineapple Chicken, Red Potatoes, Roasted Brussels Sprouts, Wheat Roll, Fresh Seasonal Fruit, Coffee, Milk, Margarine</p>	<p><b>15<sup>th</sup></b> Roast Beef, Brown Gravy, Whipped Potatoes, California Vegetable Blend, Wheat Roll, Birthday Cake, Coffee, Milk, Margarine</p>
<p><b>18<sup>th</sup></b> CLOSED</p>	<p><b>20<sup>th</sup></b> Cheese Omelet, Roasted Diced Potatoes, Hot Apples with Raisins, Cinnamon Roll, Orange Juice, Coffee, Milk, Margarine</p>	<p><b>22<sup>nd</sup></b> Tomato Basil Chicken, Baked Potato, Mixed Vegetables, Wheat Roll, Chocolate Chip Brownie#, Coffee, Milk, Margarine (2), Sour Cream</p>
<p><b>25<sup>th</sup></b></p>	<p><b>27<sup>th</sup></b> BBQ Pork Rib Patty, Parslied Potatoes, Coleslaw, Wheat Hamburger Bun, Sliced Apples, Coffee, Milk, Red Onion &amp; Pickles</p>	<p> -Indicates Meal is High in Sodium  #-Indicates New Menu Item   -Indicates Birthday</p>