



Happy Valentine's Day

SENIOR LUNCH MENU



February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chopped Steak, Mashed Potatoes, Gravy, Peas and Mushrooms, Birthday Cake	4 Chicken Florentine, Bread Dressing, Cauliflower w/red peppers, Peach Cobbler	5 Italian Pork Chop, Pinto Beans, Savory Spinach, Berry Cup 	6 Beefy King Ranch Casserole, Tossed Salad, Dressing, Vegetable Medley, Hawaiian Cup	7 Sliced Roast Beef, Mashed Potatoes, Seasoned Broccoli, Berry Trifle
10 Dixie Chicken, Black Eyed Peas, Mixed Vegetables, Cake 	11 Honey Glazed Turkey, Parmesan Potatoes, Succotash, Fruit Crisp	12 Beef Stroganoff, Jefferson Noodles, Carrot Coins, Sliced Peaches, Pound Cake	13 Meat Lasagna, Tossed Salad, Dressing, Berry Cup, Brownie	14 Maple Glazed Pork Chop, Baked Potato, Cheese Sauce, Broccoli, Fruit Cobbler
17 Oriental Pepper Steak, Parsley Rice, Green Beans, Fresh Fruit	18 Spinach, Mushroom, Cheese lasagna, Caesar Salad w/dressing, Strawberries, Pound Cake	19 Crispy Baked Fish, Creamy Pasta Salad, Calico Cole-slaw, Fresh Fruit, Cookie	20 Beef Tips with mushroom gravy, Parsley Noodles, Zucchini Casserole, Poke Cake	21 Fiesta Pork Chop, Brown Rice, Black Eyed Peas, Peanut Butter cookie
24 Stuffed Peppers, Green Beans, Stewed Tomatoes, Chocolate Chip Cookie	25 Italian Meat sauce, Jefferson Noodles, Caesar Salad w/dressing, Pear Delight	26 Turkey Croquette, Parmesan Potatoes, Confetti Coleslaw, Cake	27 Chicken Rice Casserole, Corn O'Brien, Baby Carrots, Fresh Fruit Salad	28 Lemon Pepper Chicken w/gravy, Cheesy Spinach, Squash Medley, Fruit Trifle

**Healthy Tip of the Month:
Fix Healthy Snack**

Healthy snack can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

All meals are served with a choice of 2% or Skim Milk and Dinner Roll.

