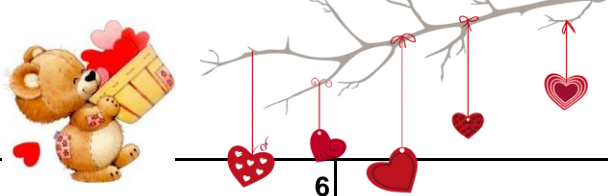



CONGREGATE MEALS February 2019

CONGREGATE MEALS February 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Salmon Asparagus Mixed Orzo Pilaf
4	5	6	7	8
Breakfast Quiche Ham or Sausage Black Beans	Chicken Parmesan w/ Pasta Green Bean Salad	Meatloaf Roasted Carrots or Brussel Sprouts Whole Wheat Roll	Turkey Sweet Potatoes Mashed Potatoes Whole Wheat Roll	Alaskan Halibut Tacos Cabbage Refried Beans Whole Wheat Shells
11	12	13	14	15
Stuffed Shells w/ Meat or Squash Brussels Sprouts Spinach, Garlic Bread	Balsamic Roast Chicken Carrots Quinoa	Spaghetti w/ Italian Sausage Green & Yellow Peppers Zucchini Garlic Bread	Walnut Crusted Pork Roast Mashed Potatoes Squash Whole Wheat Roll	Shrimp Scampi Peas Whole Wheat Linguini
18	19	20	21	22
 President's Day CLOSED	Honey Dijon Chicken Potatoes Broccoli Cous Cous	Pork Shoulder w/ Black Currant Jam Sauce Brown Rice or Forbidden Rice	Baked Ham Scalloped Potatoes Spinach or Cabbage Whole Wheat Roll	Seafood Linguini w/ Tomato Chickpea Salad
25	26	27	28	
Baked Ziti, Ground Beef w/ Alfredo Sauce Broccoli	Roast Chicken Roasted Carrots Roasted Asparagus Rice Pilaf	BBQ Beef Brisket Potato Salad Pinto Beans Whole Sheat Roll	Turkey Sweet Potatoes Mashed Potatoes Whole Wheat Roll	Meals are served 12 — 1:30 p.m. \$7 for seniors 60+ Suggested donation \$15 for guests under 60

NEW MENU

Check it out!!