







Call your local Senior Center to Confirm the menu for the day.

# February

HBF

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Fresh Fruit 	<b>3</b> 3/4c Pasta and Meatballs (4) with 2oz Marinara Sauce 1c Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit	<b>4</b> Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1/2c Spiced Fruit Whole Wheat Bread 	<b>5</b> Cheeseburger 1/2c Tator Tots 1/2c pineapple 1c Tossed Salad w/ Tomato Hamburger Bun	<b>6</b> Call your local Senior Center for Meal Information
<b>9</b> 3oz Sliced Ham with 1oz Pineapple Sauce 1/2c Mashed Potatoes 1/2c Green Peas Dinner Roll Cookie	<b>10</b> Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Coleslaw Hoagie Roll Gelatin	<b>11</b> 3oz BBQ Ribette 1/2c Ranch Cubed Potatoes 1/2c Green Beans Hamburger Bun Fresh Fruit	<b>12</b> 4oz Shrimp Scampi 1/2c Creamy Pasta 1/2c Lemon Pepper Broccoli Breadstick Pineapple & Mandarin 	<b>13</b> Call your local Senior Center for Meal Information
<b>Presidents Day! 16</b> Center Closed 	<b>17</b> Meatball Sub (3 Meatballs) w/ 1oz Mozzarella Cheese 1c Loaded Potato Soup 1/2c Side Salad w/ Dressing Hot Dog Bun Fresh Fruit	<b>Ash Wednesday 18</b> Potato Fish 1/2c Mac N Cheese 1/2c Stewed Tomatoes Fresh Fruit Dinner Roll	<b>19</b> 4oz Sweet & Sour Pork 1/2c White Rice 1/2c Broccoli and Cauliflower Wheat Bread Fresh Fruit	<b>20</b> Call your local Senior Center for Meal Information
<b>23</b> 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	<b>24</b> Grilled Chicken Salad (2oz Grilled Chicken, 1oz Cheese) 1c Lettuce, 2oz Tomato 1c Broccoli Soup Breadstick 1/2c Fruited Gelatin	<b>25</b> 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn White Bread Fresh Fruit	<b>26</b> French Dip Sandwich w/ 2oz Au Jus 2oz Beef, 1oz Mozzarella Cheese 1/2c Garlic Parsley Potatoes 1/2c Green Beans 1/2c Mandarin Oranges Hoagie Bun 	<b>27</b> Call your local Senior Center for Meal Information
		*menu subject to change based on availability		