


# February 2024

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>NUTRITION PROGRAM</b> - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served from 11:45 a.m. to 12:15 p.m. Doors open 10:30 a.m. <b>First come, first served.</b>  = Meal contains more than 1000mg sodium			<sup>1</sup> Baked pork chop w/ gravy, mashed potatoes, peas & carrots, fruit	<sup>2</sup> Garlic chicken, wild rice, mixed veggies, green salad, fruit
<sup>5</sup> Baked breaded cod, couscous, mixed veggies, carrot raisin salad, fruit	<b>VEGETARIAN</b> <sup>6</sup> Pasta w/ cheese & marinara sauce, mixed veggies, fruit	<sup>7</sup> Seasoned baked chicken, wild rice, roasted brussels sprouts, fruit	<sup>8</sup> Beef stroganoff w/ pasta, mixed veggies, fruit	<sup>9</sup> Pork chop w/ orange sauce, brown rice, spinach, coleslaw, fruit
<sup>12</sup> Baked breaded fish, wild rice, mixed veggies, apple celery slaw, fruit	<sup>13</sup> Meat loaf, mashed potatoes, corn, fruit	<sup>14</sup> Chicken pot pie, mixed veggies, bread, fruit, dessert  Happy Valentines Day! Bring a picture of you Sweetheart!	<b>VEGETARIAN</b> <sup>15</sup> Pizza w/ cheese, marinara sauce, tomato & more, mixed veggies, fruit 	<sup>16</sup> Baked sesame chicken, dinner roll, roasted veggies, fruit
<sup>19</sup> 	<sup>20</sup> Baked breaded cod, couscous, mixed veggies, coleslaw, fruit	<sup>21</sup> Teriyaki chicken, brown rice, mixed veggies, golden mandarin beet salad, fruit	<sup>22</sup> Seasoned pork chop, green beans & tomatoes, mashed yams, fruit	<sup>23</sup> Chicken w/ noodles & mixed veggies, broccoli raisin salad, fruit  Happy Lunar New Year!!!
<sup>26</sup> Chili verde pork chop, Spanish brown rice, mixed veggies, fruit	<sup>27</sup> Cranberry chicken, bread stuffing, kale, fruit	<sup>28</sup> Baked breaded cod, garlic bread, mixed veggies, fruit	<sup>29</sup> Chicken & rice casserole w/ brown rice, cheese & onions, mixed veggies, fruit	

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