

# FEBRUARY

Enjoy a delicious lunch in the OPC Dining Room, Monday through Friday at 12:00 pm

Please call by 11:00 am the day before or for a meal on Monday call by 11:00 am on Friday. Call 248.656.1403 Ext 0 60 and Over - \$3 suggested donation | Under 60 - \$4 charge | Menu is subject to change based on availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Stuffed Green Pepper Roasted Potatoes Carrot Fingers Red Apple Breadstick	<b>4</b> Baked Chicken Red Skin Potatoes Broccoli Cuts Cabbage Pineapple Slaw Orange Sections Vegetable Roll	<b>5</b> Turkey Burger Lettuce and Tomatoes Sante Fe Salad Red Grapes	<b>6</b> BIRTHDAY LUNCH Cheesy Tuna Casserole Caribbean Vegetables Garden Salad Apricots	<b>7</b> Baked Ham Sweet Potatoes Green Beans Dinner Roll Banana
<b>10</b> Beef Stroganoff Cauliflower & Broccoli Savory Spinach Egg Noodles Fruit Medley	<b>11</b> Chicken w/Vegetables Whipped Potatoes Garden Salad Red Apple Breadstick	<b>12</b> Bar B Que Chicken Broccoli Pasta Salad Marinated Carrot Salad Peach Halves	<b>13</b> Meatlof w/Mushroom Gravy Red Skin Potatoes Garden Salad Normandy Vegetable Blend Escaloped Apples Vegetable Roll	<b>14</b> Turkey a la king Brown Rice Herbed Green Beans Vegetable Salad Vegetable Roll Fruited Gelatin
<b>17</b> Vegetable Lasagna Zucchini Cole Slaw Red Grapes	<b>18</b> Sweet & Sour Meatballs Brown Rice Key West Vegetable Blend Oriental Salad Red Apple	<b>19</b> Chicken Divan Chive Potatoes Green Beans Romaine Garden Salad Applesauce	<b>20</b> Roast Pork Loin w/Gravy Oven Browned Potatoes Carrot Fingers Garden Salad Vegetable Roll Fruit Salad	<b>21</b> Beef Pastie w/Gravy Whole Beets Cabbage Pineapple Slaw Apple Juice
<b>24</b> Grilled Pork Patty European Blend Mixed Greens Salad Cinnamon Applesauce Breadstick Diced Pears	<b>25</b> Lemon Chicken Brown Rice Prince Charles Blend Garden Salad Sliced Peaches Wheat Bread	<b>26</b> Mexican Beef & Rice Casserole Romaine Garden Salad w/Garbanzo Beans Savory Spinach Salad Apricots	<b>27</b> Pizza Three Bean Salad Dilled Carrots Red Grapes	<b>28</b> <div style="border: 1px solid black; padding: 5px; text-align: center;">BUILDING CLOSED AT NOON</div>
		<b>BIRTHDAY LUNCH</b> <b>Thursday, February 6</b> <b>11:45 am - 12:30 pm</b> Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed, Feb 5 Call 248-656-1403 Ext. 0.		

**Older Persons' Commission • 650 Letica Drive • Rochester, MI • 48307 • 248.656.1403**

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. **Contact information: [www.aaa1b.org](http://www.aaa1b.org) • 1.800.852.7795**