

February

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey Burger w/Bun Lettuce/Tomato Cucumber Salad Red Grapes	2 Tuna Noodle Casserole Caribbean Vegetable Garden Salad Apricots Bread	3 Baked Ham Sweet Potatoes Whole Green Beans Banana Dinner Roll
6 Baked Ziti w/Meatsauce Cabbage Slaw Savory Spinach Fruit Medley Whole Wheat Bread	7 Chicken Broccoli Casserole Mixed Vegetable Salad Orange Dinner Roll	8 BBQ Chicken w/Bun Broccoli Pasta Salad Marinated Carrot Salad Peach Halves	9 Meatloaf w/Gravy Red Skin Potatoes Garden Salad Normandy Vegetables Diced Pears Dinner Roll	10 Turkey a la King w/rice Herbed Green Beans Vegetable Salad Gelatin Dinner Roll
13 Vegetable Lasagna Zucchini Cole Slaw Grapes Whole Wheat Bread	14 Sweet & Sour Meatballs Steamed Brown Rice Key West Vegetable Oriental Salad Apricots	15 Chicken Divan Chive Potatoes Whole Green Beans Romaine Salad Apple Sauce Breadstick	16 Herbed Pork Loin Oven Browned Potatoes Baby Carrots Vegetable Salad Fruit Salad Wheat Roll	17 Baked Pollock Au Gratin Potatoes Normandy Blend Veg. 100% Fruit Juice Whole Wheat Roll
20 Grilled Pork Patty Sweet Potatoes European Blend Cinnamon Apples Wheat Bread	21 Baked Chicken Mashed Potatoes & Gravy California Blend Vegetable Salad Diced Peaches Dinner Roll	22 Beef Stew Carrot Raisin Salad Apricots Wheat Bread	23 Pizza Three Bean Salad Carrots Grapes	24 Oven Baked Fish Scalloped Potatoes Mixed Vegetable Fruit Salad Whole Wheat Roll
27 Stuffed Green Pepper Roasted Potatoes Carrots Apple Breadstick	28 Chicken Breast w/Gravy Mashed Potatoes Broccoli Cuts Orange Sections Dinner Roll			

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 • 1.800.852.7795