


# 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
<p><b>BIRTHDAY LUNCH Thursday, February 7</b>  <b>11:45 am - 12:30 pm</b>                      Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed, February 6 and identify yourself as a "Birthday Senior". Call 248-656-1403 Ext. 0.</p>				<p><b>1</b> Chicken Florentine                      Whipped Potatoes                      California Vegetable                      Cabbage Slaw                      Orange</p>
<p><b>4</b> Stuffed Green Pepper                      Whole Potatoes                      Normandy Vegetable Blend                      Carrot Slaw                      Mandarin Orange Salad</p>	<p><b>5</b> Turkey Breast w/Gravy                      Baked Potato                      Steamed Broccoli                      Cabbage Pineapple Slaw                      Banana</p>	<p><b>6</b> Italian Ravioli                      Garden Salad                      Mixed Vegetables                      Fruit Cup</p>	<p><b>7 BIRTHDAY LUNCH</b>                      Sweet &amp; Sour Meatballs                      Italian Green Beans                      Parsley Noodles                      Romaine Salad w/Beans                      Applesauce</p>	<p><b>8</b> Sweet Potato Crusted                      Pollack                      Cole Slaw                      Au Gratin Potatoes                      Pineapple &amp; Mandarin                      Oranges</p>
<p><b>11</b> Beef &amp; Biscuit                      Mashed Potatoes                      Herbed Green Beans                      Spinach Romaine Salad                      Fresh Fruit Salad</p>	<p><b>12</b> Vegetable Lasagna                      European Blend                      Romaine Salad w/Beans                      Peach Slices</p>	<p><b>13</b> Pineapple Ham                      Sweet Potatoes                      Parsley Carrots                      Tropical Fruit Salad</p>	<p><b>14 FEATURED LUNCH</b>                      Parmesan Chicken                      Whole Green Beans                      with Almonds                      Roasted Red Skin Potatoes                      Salad &amp; Bread Basket                      Red Velvet Cake </p>	<p><b>15</b>                      Mostaccioli w/Meat                      Green Bean Supreme                      Spinach Salad                      Four-Fruit Salad</p>
<p><b>18</b> Baked Chicken                      w/Mushroom Gravy                      Oven Browned Potatoes                      Peas &amp; Carrots                      Sliced Pineapple</p>	<p><b>19</b> Beef Pastie w/Gravy                      Three Bean Salad                      Vegetable Slaw                      Glorified Fruit Cocktail</p>	<p><b>20</b> Pork Chop Creole                      Oven Roasted Potatoes                      Lima Beans                      Fresh Pear</p>	<p><b>21</b> Pepper Steak                      Brown Rice                      Oriental Blend                      Crunchy Pea Salad                      Coconut Tropical Fruit Salad</p>	<p><b>22</b> Crispy Cod                      Special Potatoes                      Key West Vegetable Blend                      Ambrosia</p>
<p><b>25</b> Smothered Chicken                      Sliced Potatoes                      Vegetable Salad                      Pear Halves</p>	<p><b>26</b> Macaroni &amp; Cheese                      Confetti Beans                      Romaine Salad w/Beans                      Fruit Mixed Cup</p>	<p><b>27</b> Breaded Pork Chop                      Oven Roasted Potatoes                      Succotash                      Cabbage Slaw                      Hot Peaches Delight</p>	<p><b>28</b> Mexican Casserole                      Roasted Brussel Sprouts                      Carrot Salad                      Pear Halves</p>	

**Older Persons' Commission • 650 Leticia 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**