



# FEBRUARY 2019



Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Modified Diet Choices</b>            Cardiac    Diabetic            Diverticulitis</p> <p><b>Texture Choices</b>            Regular    Chopped    Pureed</p> <p><b>Milk Choices</b>            Skim    2%    Chocolate</p>	<p><b>Choice of Entrée</b> - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.</p>			<p><b>Feb. 1 National Wear Red Day</b>            Cheesy Cauliflower Soup            Carrots            Warm Cornbread w/ Marg.            Fruit ov/ Cottage Cheese            Crackers</p>
<p><b>Feb. 4 Rosa Parks Day</b>            BBQ Chicken &amp; Cheesy Potato Skillet            Caribbean Blend Veggies            Warm Biscuit w/ Marg. &amp; Jelly            Fruit or Fruit Juice            Cookie</p>	<p><b>Feb. 5 Chinese Year of the Pig Begins</b>            Homemade Beef Stew            Pickled Beets            Warm Dinner Roll w/ Marg.            Fruit or Fruit Juice            Apple Streusel Bread</p>	<p><b>Feb. 6</b>            Polish Sausage            Sauerkraut            German Potato Salad            Hog Dog Bun            Fruit or Fruit Juice            Dijon Mustard Packet</p>	<p><b>Feb. 7</b>            Minestrone Soup            Garden Blend Veggies            Yellow Squash            Crackers            Fruit ov/ Cottage Cheese            Animal Crackers</p>	<p><b>Feb. 8</b>            Macaroni &amp; Cheese            Buttered Peas            Green Beans            W. W. Bread w/ Marg.            Fruit or Fruit Juice            Cheesecake w/ Cherry Topping</p>
<p><b>Feb. 11</b>            Sloppy Joes            Sweet Potato Waffle Fries            Capri Blend Veggies            Hamburger Bun            Fruit or Fruit Juice            Pudding Cup</p>	<p><b>Feb. 12</b>            Ham &amp; Scalloped Potatoes            Warm Country Apples            Brussels Sprouts            Biscuit w/ Marg. &amp; Honey Packet            Pie</p>	<p><b>Feb. 13</b>            Cheeseburger w/ Pickle &amp; Onion            Baked Beans            Asparagus            Hamburger Bun Mayo Packet            Fruit or Fruit Juice            Brownies</p>	<p><b>Feb. 14 Valentine's Day</b>            Oven Fried Chicken Drumsticks            Mashed Potatoes w/ Gravy            Warm Dinner Roll w/ Marg &amp; Jelly            Fresh Fruit            Dixie's Coleslaw            Valentine's Cookie</p>	<p><b>Feb. 15</b>  <b>Choice:</b> Vegetable <u>or</u> Beef Lasagna            Lima Beans            Warm Garlic Biscuit            Tomato &amp; Onion Salad            Fruit or Fruit Juice</p>
<p><b>Feb. 18</b>  <b>PRESIDENT'S DAY</b>  <b>CLOSED</b>  <b>PLEASE USE HOLIDAY MEAL</b></p>	<p><b>Feb. 19</b>            Teriyaki Chicken Breast ov/ Wild Rice            Oriental Blend Veggies            Coined Carrots            W. W. Bread w/ Marg.            Fruit or Fruit Juice            Pudding Cup</p>	<p><b>Feb. 20</b>            Beef Stroganoff            Peas &amp; Carrots            Wax Beans            W. W. Bread w/ Marg.            Fruit or Fruit Juice            Cookie</p>	<p><b>Feb. 21</b>  <b>Choice:</b> Liver &amp; Onions w/ Gravy  <u>or</u> Salisbury Steak w/ Gravy            Mashed Potatoes w/ Gravy            Seasoned Green Beans            Dinner Roll w/ Marg.            Fruit or Fruit Juice    Orange-Cran Bread</p>	<p><b>Feb. 22</b>            Garlic Bread Cheese Pizza            w/ Pepperoni Slices on Side            Buttered Corn            Warm Blueberry Bread            Tossed Salad w/ Dressing Pkt.            Fruit or Fruit Juice</p>
<p><b>Feb. 25</b>  <b>AGENCY CLOSED</b>  <b>PLEASE USE FROZEN MEAL</b></p>	<p><b>Feb. 26</b>  <b>AGENCY CLOSED</b>  <b>PLEASE USE FROZEN MEAL</b></p>	<p><b>Feb. 27</b>            Roast Beef            Potato Salad            Three Bean Salad            Bun Mayo Pkt.            Fruit or Fruit Juice</p>	<p><b>Feb. 28</b>            Roast Turkey Breast            Tossed Salad w/ Dressing            Fruit Salad            V-8            Mayo Pkt.</p>	

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one day in advance.

**VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.**

2018 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

**YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED.** Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.