February 🐉



Reservations & Cancellations:

Please call (209) 365-0572, up to **7 days** in advance if you would like to join us for lunch. Please call at least **24 hours** in advance to cancel your reservation, or cancel your Home Delivered Meal.

nutritional requirements.

The state of the s		senior center	Home Delivered Meal.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Creamy Veggie	Beef Chili	Chicken &	Pulled Pork	Cajun Cod
Pasta	Cheese, Onion,	Dumplings	Sandwich	Rice Pilaf
~Peas & Spinach	& Sour Cream	~*Mixed Veggies	Whole Wheat Bun	~Butternut Sqaush
Brussel Sprout	Baked Potato	Tater Tots	~Sweet Potato Fries	& Broccoli
Italian Bean Salad	~Spinach	Wheat Cracker	Brussel Sprout	Crispy Green Beans
Garlic Bread	*Cantaloupe	Apple	Coleslaw	*Orange
*Kiwi	Roll w/ Butter	Bread Pudding	*Mandarin	1% Chocolate Milk
1% Milk	1% Milk	1% Milk	1% Milk	
VEG				
10	11	12	13	14
Beef Stroganoff	Chicken Cordon Bleu	Shrimp & Grits	Spaghetti w/	Teriyaki Beef
Buttered Noodles	Mash Potato	Brussel Sprout	Meat Sauce	Brown Rice
~Spinach	Green Beans	Hush Puppies	~*Mixed Veggies	~Carrots
*Mandarin	*Orange	*Kiwi	Breaded Zucchini	Pork Egg Roll
Roll w/ Butter	Roll w/ Butter	Roll w/ Butter	Garlic Bread	*Pineapple
1% Milk	1% Milk	1% Chocolate Milk	*Cantaloupe	Fortune Cookie
			1% Milk	1% Milk
17	18	19	20	21
CLOSED	Minestrone Soup	Portuguese Beans	Chicken Fried	Sausage & Tater
	~ Sweet Potato	Linguica w/	Steak ^S	Tot Casserole
	Tater Tots	Pinto Beans	Mash Potato	*~Mixed Veggies
A A A	Wheat Cracker	~Collard Greens	Country Gravy	~Carrot Rasin Salad
PRESIDENTS	*Cantaloupe	Corn Bread	~Brussel Sprout	Roll w/ Butter
DAY	1% Milk	Brownie	Roll w/ Butter	*Mandarin
	VEG	*Kiwi	*Apple	1% Chocolate Milk
		1% Milk	1% Milk	
24	25	26	27	28
Baked Ziti w/ Sausage	Clam Chowder	Chicken & Broccoli	Shepherds Pie	Meatloaf
Marinara Sauce	~Peas & Carrot	Casserole	Mash Potato	Mash Potato
~Carrot	Breaded Zucchini	*~Mixed Veggies	~Spinach	Brown Gravy
Garlic Bread	Roll w/ Butter	Roll w/ Butter	Roll w/ Butter	Brussel Sprout
*Pineapple	*Mandarin	Crispy Green Beans	Ambrosia	Roll w/ Butter
1% Milk	1% Milk	*Kiwi	*Cantaloupe	*Orange
		1% Milk	1% Chocolate Milk	1% Milk
\$4.00 Suggested Lunch Contribution. Lunch served daily at 11:30 AM.		~ Vitamin A Source * Vitamin C Source	^S Meal Contains >1000mg of sodium. Each meal meets 1/3 minimum daily	

VEG Vegetarian