



AGING & DISABILITY RESOURCE CENTER

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				
			1	2
			Chicken Cordon Bleu Brown Rice Broccoli Apple Coleslaw Pretzels	Beef Stew Whole Grain Dinner Roll Peas Frosted Lemon Cake Fruit Juice
5	6	7	8	9
Chicken Parmesan Whole Grain Dinner Roll Whole Wheat Pasta Irish Vegetable Blend Pears	BBQ Pork Rib Cornbread Garden Salad Warm Spiced Peaches String Cheese Lorna Doone Shortbread Cookies	Mushroom Swiss Burger Baked Potato Wedges Stewed Tomatoes Mixed Fruit	Asian Beef Whole Grain Dinner Roll Vegetable Fried Rice Glazed Carrots Mandarin Oranges	Bruschetta Chicken Whole Wheat Bread Garden Salad Beets Lentils Pudding
12	13	14	15	16
Chicken Fajitas Shredded Lettuce & Diced Tomatoes Black Beans & Rice Applesauce Pudding	Brown Sugar Glazed Ham Whole Wheat Bread Mashed Sweet Potatoes Corn Tropical Fruit Vanilla Frosted Spice Cake	Hearty Minestrone Soup Egg Salad Sandwich Garden Salad Rice Crispy Treat Fruit Juice	Meatballs w/ Gravy Whole Grain Dinner Roll Brown Rice Peas Carrot Raisin Salad Orange	Baked Tilapia Rye Bread Roasted Garlic Potatoes Italian Vegetable Blend Oatmeal Raisin Cookies
19	20	21	22	23
Chicken Pot Pie Biscuit Potatoes Carrots Pears	Pork Chop Suey Whole Grain Dinner Roll Fried Rice Peas Fruited Gelatin	Pasta w/ Meat Sauce Breadstick Brussels Sprouts Mixed Fruit Chocolate Chip Cookies	Turkey w/ Gravy Whole Wheat Bread Potatoes Green Beans Old-Fashioned Apple Pie Fruit Juice	Bean Chili Whole Wheat Pasta Cornbread Garden Salad Peaches
26	27	28	29	
Italian Sausage on a Bun Onions & Peppers Corn Lentil Bean Salad Warm Spiced Peaches	Meatloaf w/ Gravy Whole Wheat Bread Potatoes Carrots Apple Crisp	Potato Soup Roast Beef & Provolone Sandwich Cucumber Tomato Salad Fruit Juice	Honey-Lemon BBQ Chicken Breast Whole Grain Dinner Roll Mashed Sweet Potatoes Sautéed Spinach Coleslaw Vinaigrette Fruit & Grain Cereal Bar	Suggested Contribution: \$5/meal. Please pay as much as you can afford. We rely on donations to keep the program going.

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time.

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