

The MENU

February 2012

Coleman: 465-6216

Mills: 689-7776

Greendale: 832-8683

Sanford: 687-7888

Happy Diners: 835-6891

Trailside: 633-3790

Call the number of the Senior Center you plan to attend to make lunch reservations.

6 Chili 27 Macaroni 34 Corn 16 Golden Delicious Apple 17 Peach Strusel Muffin 32 Milk 13	7 Vegetable Lasagna 28 Prince Charles Veg 8 Tossed Salad 3 Plums 19 Wheat Roll 17 Milk 13	8 Pork Cutlet 10 Mashed Sweet Potatoes 16 Green Beans 8 Chunky Applesauce 21 Veggie Bread 18 Ultimate Cookie 22 Milk 13	9 Swiss Chicken 11 Parsley Potatoes 20 California Blend Veg 7 Strawberry Parfait 31 Roll 19 Milk 13	10 Roast Beef Sandwich & Gravy 23 Peas & Cauliflower 7 Mashed Potatoes 13 Broccoli Citrus Salad 12 Peach Pie 43 Milk 13
13 Ginger Glazed Pork Wing 15 Caribbean Blend Veg 9 Garden Brown Rice 23 Carrot & Raisin Salad 15 Raisin Walnut Cookie 25 Fruit Cocktail 14 Milk 13	14 Valentine's Day Roast Chicken Breast 25 Anna Potatoes 18 Fr Green Beans 7 Spinach Romaine Salad 11 Strawberry Trifle 77 Sweet Yeast Roll 13 Milk 13	15 Pizza 48 Penne with Veg 11 Tossed Salad 3 Fresh Fruit Cup 11 Ultimate Cookie 22 Milk 13	16 Mushroom Swiss Burger 2 Oven Browned Potatoes 20 Spinach Salad 3 Granola Top Apples 25 Hamburger Bun 24 Milk 13	17 Crumb Cod 15 Mac & Cheese 19 Malibu Blend Veg 8 Apple Raisin Coleslaw 16 Strawberries 21 Wheat Roll 17 Milk 13
20 Philly Beef Sandwich 1 Peppers & Onion 9 Red Potato Wedges 20 Peaches 18 Ultimate Cookie 22 Hot Dog Bun 20 Milk 13	21 Roast Pork & Gravy 1 Parsley Potatoes 20 Carrots 10 Stewed Apples 21 Cinnamon Roll 47 Milk 13	22 Stuffed Shells 53 Spaghetti Sauce on Shells Italian Blend Veg 8 Fruited Gelatin 23 Bread Stick 1 Milk 13	23 S & S Chicken Nuggets 24 Brown Rice 18 Maui Blend Veg 10 Carrot & Raisin Salad 15 Grapes 16 Milk 13	24 Potato Soup 22 Fish Sandwich 30 Tossed Salad 3 Fruit Cup 17 Pudding 23 Wheat Crackers 16 Milk 13
27 Roast Beef 1 & Gravy 2 Mashed Potatoes 13 Brussels Sprouts 11 Wheat Roll 17 Oatmeal Cookie 16 Fruit Cup 17 Milk 13	28 Asian Chicken 14 Fried Rice 28 Asian Blend Veg 9 Sweet Cherry Parfait 39 Milk 13	29 Meatballs & Spaghetti 40 Zucchini & Mushrooms 4 Tossed Salad 3 French Bread Roll 16 Red Grapes 16 Milk 13	1 Dutch Chicken 1 Potato Whip 14 Mixed Vegetables 14 Biscuit & Strawberries 38 Milk 13	Fish Almandine 12 Yukon Gold Potatoes 20 Carrots 10 Fresh Fruit Cup 11 Honey Bran Muffin 31 Milk 13

Menus subject to change without notice. • HDM Hotline: Call 633-3789 for changes in delivery by 9:00am • Reservations are required. Please call.
 Numbers after each menu item indicate the number of carbohydrates in grams for that item.

Dinner

Meals on Wheels Only

February 2012

6 Egg Salad 3 Swiss Cheese 1 Hamburger Bun 24 Marinated Italian Veg 9 Peaches 35 Milk 13	7 Turkey & Swiss Wrap 19 Coleslaw 11 Apricots 15 Grape Juice 20 Chocolate Muffin 34 Milk 13	8 Seafood Pasta Salad 19 Peas & Peanut Salad 22 Fruit Cup 33 Wheat Roll 17 Milk 13	9 Heavenly Layered Salad 23 Banana 27 Wheat Crackers 11 Carrot Honey Muffin 24 Milk 13	10 Dinner Chicken 10 Potato Salad 16 Spin Salad 3 Pineapple & Strawberries 9 Wheat Roll 17 Milk 13
13 Sub Sandwich 23 Lettuce Tomato Onion 11 Broccoli Slaw 9 Pears 18 Milk 13	14 Cottage Cheese 5 Spinach Salad 3 French Dressing 11 Honey Bran Muffin 31 Peaches 18 Pineapple Tidbits 14 Milk 13	15 Chicken Pasta Salad 23 Carrot & Raisin Salad 22 Orange 22 Ultimate Cookie 22 Roll 17 Milk 13	16 Tuna Salad Wrap 25 Cuke & Tomato Salad 5 Tossed Salad 3 Fruit Cup 17 Peanut Butter Cookie 15 Milk 13	17 Turkey & Swiss Cheese 1 Hamburger Bun 24 Three Bean Salad 20 Banana 27 Salad Dressing 1 Milk 13
20 Chicken Ceasar Salad 6 Ceasar Dressing 1 Pickled Beets 18 Grapes 16 Muffin 29 Milk 13	21 Turkey Salad 6 Swiss Cheese 1 Tomato & Lettuce 3 Hamburger Bun 24 Peas & Peanut Salad 15 Orange 22 Milk 13	22 Tuna Salad Wrap 25 Cuke & Tomato Salad 5 Tossed Salad 3 Fruit Cup 17 Peanut Butter Cookie 15 Milk 13	23 Roast Pork 1 Rye Bread 21 Coleslaw 11 Applesauce 8 Banana 27 Milk 13	24 Boiled Egg 1 Tossed Salad 3 Peach 18 Pears 18 Banana Chocolate Chip Muffin 31 Milk 13
27 Chicken Pasta Salad 23 Veggie Bread 18 Peaches 18 Golden Delicious Apple 17 Milk 13	28 Sub Sandwich 23 Lettuce, Tomato, Onion 11 Pears 18 Apple Juice 15 Sugar Cookie 25 Salad Dressing 2 Milk 13	29 Chef Salad 9 French Dressing 11 Wheat Roll 17 Apricots 15 Orange 22 Graham Crackers 18 Milk 13	1 March Taco Salad 7 Taco Chips 24 Salsa 12 Banana 27 Milk 13	2 Egg Salad 4 Lettuce, Tomato, Onion 11 Peach Half 18 Peas & Peanut Salad 15 Wheat Hamburger Bun 24 Milk 13

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