

# MENU

## FEBRUARY 2019

Coleman: 465-6216

Greendale: 832-8683

Mills: 633-3788

Sanford: 687-7888

Trailside: 633-3790

Call the number of the Senior Center you plan to attend to make lunch reservations.  
All reservations must be made by 9:00am.

<b>4</b> Swiss Steak 7 Mashed Potatoes 16 Peas & Carrots 11 Apple 26 Rye Bread 16	<b>5 Chinese New Year</b> Pork Chop Suey 17 Brown Rice 15 Roasted Baby Carrots 9 Pineapple & Fruit Mix 17 Petit Pain Roll 25 Fortune Cookie 8	<b>6</b> Turkey Meatballs 9 Alfredo Sauce 8 Fettuccine 24 Broccoli 5 Peaches 14 Bread Stick 14	<b>7</b> Creamy Chicken 5 Dressing 11 Red Skin Potatoes 20 California Blend Veggies 6 Green Grapes 16 Pumpkin Muffins 37	<b>8</b> Oven Baked Fish 8 Garlic Mashed Potatoes 17 Northwest Veggies 6 Mixed Fruit Cup 12 Nugget Roll 15 Cookie 28
<b>11</b> Stuffed Pepper with Meat Sauce 19 Zucchini & Mushrooms 4 Fruit Cocktail 14 Veggie Bread 21 Tapioca Pudding 27	<b>12</b> Parmesan Crusted Pork 6 Sweet Potatoes 16 Broccoli 5 Applesauce 17 Savory Garlic Bread 13 Pumpkin Bar 28	<b>13 Valentine's Day Meal</b> Chicken Cordon Bleu 20 Mashed Potatoes 16 Green Beans 6 Nugget Roll 15 Angel Food Cake & Berries 34	<b>14</b> Beef Stew 19 Peach Crisp 34 Cucumber Salad 5 Petit Pain Roll 25	<b>15</b> Salmon Croquette 17 Mac & Cheese 12 Malibu Blend Veggies 6 Coleslaw 8 Red Grapes 16 Wheat Roll 11
<b>18 Presidents Day</b> Herb Chicken 6 & Gravy 7 Cran Apple Stuffing 21 Carrots 8 Sliced Apples 15 Cherry Krunch Pie 43	<b>19</b> Pollock Fillet 19 Baked Potato 28 Broccoli 5 Coleslaw 8 Blueberry Parfait 32	<b>20</b> Roast Turkey 1 & Gravy 3 Mashed Potatoes 16 Green Beans 6 Tossed Salad 3 Savory Garlic Bread 14 Molded Cranberry Salad 22	<b>21</b> Italian Meatballs 7 Chutney 16 Orzo 21 Peas 9 Pears 17 Wheat Roll 11	<b>22</b> Pepper Steak 9 Rice 11 Marinated Coleslaw 8 Petit Roll 25 Carmel Apple Crumble 31
<b>25</b> Cheesy Chicken 9 Mashed Sweet Potato 16 Cauliflower with Parsley Butter Sauce 5 Brown Rice Salad 26 Strawberry Parfait 30	<b>26</b> Goulash 27 Wax Beans 9 Tossed Salad 3 Plum 16 French Roll 18	<b>27</b> Ham w/ Raisin Glaze 9 Scalloped Potato 13 Red Cabbage 17 Ambrosia Salad 28 Wheat Roll 11	<b>28</b> Baked Cod 4 Loaded Mashed Potatoes 17 Caribbean Blend 7 Applesauce 17 Petit Pain Roll 25 Chocolate Chip Cookie 18	<b>1 March</b> Chicken, Potato & Corn Bowl 38 Coleslaw 8 Peaches 14 Nugget Roll 15

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. Milk (13) is served at each meal.

# Dinner

## Meals on Wheels Only

FEBRUARY 2019

<b>4</b> Almond Lemon Chicken 4 Flat Bread 16 Brown Rice Salad 26 Marinated Carrots 10 Pears 17	<b>5</b> Chicken Bean Salad 20 Pumpernickel Bread 14 Cucumber Carrot Salad 12 Applesauce 17 Coconut Crisp Cookie 17	<b>6</b> Cottage Cheese & Fruit Plate 39 Pea & Peanut Salad 10 Double Chocolate Muffin 35	<b>7</b> Turkey & Cheese Lettuce & Tomato 3 Hamburger Bun 25 Apple Cranberry Coleslaw 14 Orange 22 Peanut Butter Cookie 16	<b>8</b> Pork Sandwich 27 Lettuce & Tomato 2 Pineapple Coleslaw 21 Apple 26
<b>11</b> Ham, Turkey & Cheese 2 Lettuce & Tomato 2 Wheat Bread 39 Cuke & Tomato Salad 5 Marinated Veggies 8 Peaches & Fruit Mix 7 No Bake Cookie 23	<b>12</b> Chicken Caesar Salad 10 Caesar Dressing 1 Confetti Bean Salad 20 French Bread Roll 18 Mandarin Oranges 12	<b>13</b> Turkey Salad 8 Pumpernickel 28 Peas & Peanut Salad 10 Banana 27	<b>14</b> Tuna Salad 9 Cranberry Walnut Bread 31 Peas & Cauliflower Salad 11 Fruit Cup 15	<b>15</b> Egg Tossed Salad 11 Red Bean and Pasta Salad 23 Peach Parfait 39
<b>18</b> Cottage Cheese & Veggies 11 Navy Bean Salad 17 Strawberries 24 Streusel Peach Muffin 41	<b>19</b> Sub Sandwich 21 Lettuce, Tomato & Onion 3 Italian Pasta Salad 24 Applesauce 17 Double Chocolate Cookie 18	<b>20</b> Chef Salad 10 Pea & Peanut Salad 10 Ambrosia Salad 28 French Bread Roll 18	<b>21</b> Crispy Oven Chicken 14 Potato Salad 16 Spinach Romaine Salad 1 Apricots 15 Wheat Roll 11 Graham Cracker 18	<b>22</b> Taco Salad 5 Taco Chips 26 Salsa 8 Mandarin Oranges 12 Tapioca Pudding 27
<b>25</b> Turkey & Cheese Lettuce & Tomato 3 Pumpernickel Bread 28 Apple Cranberry Coleslaw 14 Fruit Cocktail 14 Ultimate Cookie 22	<b>26</b> Tuna Pasta Salad 27 Marinated California Blend 8 Green Grapes 16 Nugget Roll 15	<b>27</b> Egg Tossed Salad 11 Baked Beans 22 Cuke & Tomato Salad 4 Pineapple Tidbits 14 Blueberry Muffin 34	<b>28</b> Turkey, Bacon, Cheese 2 Lettuce & Tomato 3 Flatbread 16 Fruited Gelatin 26 Banana 27	<b>29</b> Cheese & Veggie Plate 7 Navy Bean Salad 17 Apple 26 Savory Garlic Bread 13 Turtle Cookie 22

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