

# Council on Aging Febuary 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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				Oven Fried Chicken Peas Dirty Rice Orange Roll 2% Milk
4	5	6	7	8
1/2 Pimento Cheese Sandwich Beef Vegetable Soup Fruit Crackers Rice Krispy Treat 2% Milk	Meatball Sub Potato Soup Orange Juice 2% Milk	Crab Cake Coleslaw Baby baker potatoes Hushpuppies Jello Graham crackers 2% Milk	Salisbury Steak with gravy Carrots Mac & Cheese Vanilla Wafers Juice Yogurt 2% Milk	BBQ Sandwich Coleslaw Pimento corn Cupcake 2%Milk
11	12	13	14	15
BBQ Pork Ribs Peas and carrots Sweet Potatoes Roll Brownie 2% Milk	Turkey with gravy Green bean casserole Stuffing Cranberry Sauce Roll Fruit 2% Milk	Turkey Hotdog w chili Coleslaw Corn chowder Angel food cake w/fruit 2% Milk	Baked Hamburger Steakw/Gravy Noodles Vegetables Chocalate Chip Cookie Juice 2% Milk	Tuna Sandwich Lettuce/ Tom Vegetable Beef Soup Orange Crackers Juice 2% Milk
18	19	20	21	22
Chili Beans Zucchini & Onions Cinnamon Applesauce Crackers Corn Bread /marg 2% Milk	Turkey with Gravy Green Beans Sweet Potatoes Biscuit Marg/ jelly Cake 2% Milk	Beef Ravioli with Meat Sauce Tossed Salad w/Tom Tuscan Blend Vegetables Garlic Bread Stick /marg Orange Dressing Pkt Parmesan Cheese 2% Milk	Chicken Alfredo w/Pasta Carrots Field & Snap Peas Cheesy Garlic Biscuit Brownie 2% Milk	Salmon Patty Sandwich Coleslaw Baby Baker Potato Fruit Cobbler Juice 2% Milk
25	26	27	28	
Managers Choice Beans Greens Mac & Cheese Corn muffin Pears Oatmeal Cookie 2% Milk	Sweet & Sour Chicken Rice Egg Roll Yogurt Fig Bar Juice 2% Milk	Breaded Fish wedge Green Peas Potatoes Macaroni Salad Muffin Fruit 2% Milk	Spaghetti Green Beans Garlic Bread Stick Banana Parmesan Cheese Juice 2% Milk	If you have questions or need to cancel your meal Contact: Vickie Cheek or Barbara Woody