



FEBRUARY 2019 SENIOR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals include Low Fat Milk Suggested Donation: \$2.50 Non-Senior Rate: \$5.75</p> <p> High Sodium Meals</p>				1
				Cheese Burger Lettuce, Tomato, Onion Potato Salad Tropical Fruit
4	5	6	7	8
Chinese Chicken Stir Fry Rice Cantaloupe Chocolate Pudding	Seasoned Beef and Bean Burrito Tossed Salad W/Broccoli Diced Peaches	BBQ Pork Sandwich Colesaw Honeydew	Cheese Lasagna Carrot/Raisin Salad Sourdough Bread Tropical Fruit	Country Style Meatloaf Mashed Potatoes Caesar Salad Wheat Dinner Roll Mixed Fruit
11	12	13	14	15
Beef Enchilada Casserole Refried Beans Fruited Jello	Chicken Pesto Bowtie Pasta Broccoli Salad Sourdough Bread Raisins	Salisbury Steak Baked Potato W/Sour Cream Wheat Roll Cantaloupe	Turkey and Cheese Sandwich Lettuce, Tomato, Onion Vegetable Soup Tropical Fruit	Chicken Thigh W/Mushroom Sauce California Mix Vegetables Wheat Bread Applesauce
18	19	20	21	22
Presidents Day Closed 	Beef Stroganoff Peas & Carrots Sourdough Bread Cantaloupe	Cheese Burger Lettuce, Tomato, Onion Pork & Beans Sliced Apples	Macaroni & Cheese California Mix Vegetables Pineapple Bits Tapioca Pudding	Pork Chili Verde Spanish Rice Green Salad Flour Tortilla Tropical Fruit
25	26	27	28	
Polish Sausage Dog W/ Onion And Peppers Pickled Beets Sliced Apples	Chicken Fettuccini Alfredo Hi C Salad Sourdough Bread Diced Pears	Beef Pepper Steak Mashed Potatoes Caesar Salad Dinner Roll Pineapple Bits	Breaded Chicken Drumstick Steamed Carrots Wheat Bread Tropical Fruit	

Funding through: Fresno-Madera Area Agency on Aging

Menu is Subject to Change Without Notice