




FEBRUARY 2012 CONGREGATE HOT LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	
		<p>1 TURKEY SAGE LOAF WITH ONION GRAVY SWEET WHOLE KERNEL CORN BRUSSEL SPROUTS APPLESAUCE FRESH BAKED WH.GRAIN ROLL</p>	<p>2 Groundhog Day SLOPPY JOE MEAT BAKED BEANS ROASTED SWEET POTATOES MIXED FRUIT WHEAT BUN</p>	<p>3 SESAME BEEF AND BROCCOLI STEAMED WHITE RICE CARROTS SUGAR SNAP PEA PODS</p>	
<p>6 PORK POT ROAST BROWN RICE BUTTERMILK BISCUIT GREEN BEANS THREE BEAN SALAD</p>	<p>7 Valentines meal POTATO AND HAM CASSEROLE SUCCOTASH GLAZED CARROTS PINEAPPLE TIDBITS RED VELEVET CAKE</p>	<p>8 HUNGARIAN GOULASH SWEET AND SOUR CABBAGE SWEET PEAS ORANGE WHOLE WHEAT ROLL</p>	<p>9 HOMEMADE MEATLOAF MASHED POTATOES W/ GRAVY STEWED TOMATOES FRUIT COCKTAIL WHOLE WHEAT ROLL</p>	<p>10 MACARONI AND CHEESE SPINACH CARROTS APPLESAUCE</p>	
<p>13 BARBEQUE CHICKEN THIGH ROASTED SWEET POTATOES TENDER MUSTARD GREENS PEARS BUTTERMILK BISCUIT</p>	<p>14 Valentines Day PORK ROAST WITH ONION GRAVY SWEET WHOLE KERNEL CORN W/PEPPER WHIPPED POTATOES FRESH BAKED WHOLE GRAIN ROLL</p>	<p>15 taco plate SEASONED BEEF PINTO BEANS WITH CHEESE SPANISH RICE TORTILLA CINNAMON APPLES</p>	<p>16 CHEESE OMELETT W/ PEPPERS ROASTED REDSKINS WHOLE HOG SAUSAGE LINK WARM PEACH CRISP 1/2 ENGLISH MUFFIN</p>	<p>17 CHEESEBURGER MACARONI SWEET PEAS CARROTS FRUIT COCKTAIL FRESH BAKED ROLL</p>	
<p>20 President's Day HERBED BAKED CHICKEN REDSKIN POTATOES SPINACH BUTTERMILK BISCUIT APPLESAUCE</p>	<p>21 TURKEY BURGER ROASTED SWEET POTATOES MUSTARD GREENS BANANA WHEAT HAMBURGER BUN</p>	<p>22 COUNTRY FRIED CHICKEN WITH COUNTRY GRAVY GREEN BEANS MASHED POTATOES FRESH BAKED WHOLE GRAIN ROLL</p>	<p>23 MEAT LASAGNA STEAMED BROCCOLI SAUTEED CARROTS GARLIC HERBED ROLL</p>	<p>24 TUNA NOODLE CASSEROLE MIXED VEGETABLES HARVARD BEETS FRESH BRAN MUFFIN 0</p>	
<p>27 HEARTY BEEF STEW SWEET KERNEL CORN STEWED TOMATOES MANDERINE ORANGES BUTTERMILK BISCUIT</p>	<p>28 TURKEY SAGE LOAF ONION GRAVY KERNEL CORN MASHED POTATOES</p>	<p>29 HUNGARIAN GOULASH SWEET & SOUR CABBAGE SWEET PEAS CINNAMON APPLESAUCE FRESH BAKED WH. GRAIN ROLL</p>	<p>Senior Services  Meals on Wheels</p>		
	<p>All meals contain 80-100 grams of carbohydrates, approximately 5-6 carb "servings". All menus are trans fat free. Menus Subject to change</p>				