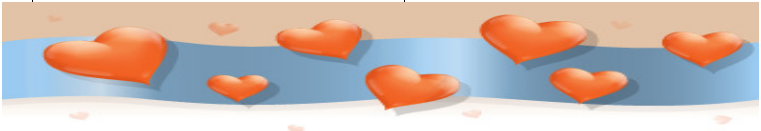


# Senior Nutrition Program February 2010

Mon	Tue	Wed	Thu	Fri
<b>1 Lemon Chicken</b> Wild rice Broccoli, Roll Fruit	<b>2 Dill Baked Fish</b> Au Gratin Potatoes Green Bean, Roll Pineapple Upside down Cake, Fruit	<b>3 Beef Vegetable Soup</b> Beef Burrito Refried Beans Fruit Salad	<b>4 Turkey ala King</b> Vegetable Blend Roll Fruit with Yogurt	<b>5 Superbowl Party</b> <b>Baked Ham</b> Orange Yams Mixed Vegetables Cinnamon Raisin Bread Applesauce
<b>8 Roast Beef</b> Mashed potatoes Vegetable Blend, Roll Mixed Fruit	<b>9 Lime Fish</b> Baked Potato, Roll Green Bean Salad Ice cream with Berries	<b>10 Tomato Soup</b> Pork chops With Cranberry Sauce Mashed potatoes Fruit	<b>11 Chili</b> Green Salad Cornbread Fruit	<b>12 Valentines Day</b> Seafood Fettuccini Italian Vegetables, Roll Strawberry Shortcake
<b>15</b> <b>Closed</b> <b>President's Day</b>	<b>16 Fat Tuesday</b> <b>Chicken Gumbo</b> Rice Green Salad	<b>17 Vegetable Soup</b> Turkey & Sweet Potato Casserole, Roll Fruit	<b>18 Meatloaf</b> Baked Potato Vegetable Blend Roll, Fruit Crisp	<b>19 Ivars Clam Chowder</b> Chicken Salad Sandwich Green Salad Fruit Medley
<b>22 Chinese New Year</b> <b>Pineapple Chicken</b> Asian blend Vegetables Brown Rice,	<b>23 Turkey Roast</b> Mashed Potatoes Vegetable Blend Fruit	<b>24 Beef Barley Soup</b> Roast Beef Sandwich Green Salad Fruit	<b>25 Macaroni &amp; Cheese</b> <b>w/ Ham</b> Vegetable Blend Roll, Fruit	<b>26 BBQ Chicken</b> Roasted potatoes Spinach Salad Fruit
				

**For reservations, call (360) 829-2095 OR (253) 474-1200.**

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.  
 Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.