

Senior Nutrition Program February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Seasoned Baked Fish Rice Pilaf w/Veggies Green Beans Oranges Dinner Roll	2 Meatloaf Mashed Potatoes Peas & Carrots Fruit Cocktail	3 Sweet & Sour Pork w/pineapple Steamed Rice Stir Fry Veggies Oranges
6 Beef Stroganoff Spinach Salad w/Sliced Red Onions Pineapple Dinner Roll	7 Cheddar Cheese Sand. w/Lettuce & Tomato Chicken & Veggie Gumbo Soup Fresh Apples	8 BBQ Chicken Pork & Beans Green Salad 100% Juice Dinner Roll	9 Salisbury Steak Mashed Potatoes Mixed Vegetables Peaches	10 Spaghetti w/Meat Sauce Crisp Green Salad Fresh Fruit Garlic Bread
13 Biscuits & Sausage Gravy Steamed Broccoli Baked Spiced Apples w/Raisins	14 Swedish Meatballs Mashed Potatoes Green Beans Pears Dinner Roll	15 Chicken Parmesan w/Noodles & Marinara Crisp Green Salad Applesauce Dinner Roll	16 Stir Fry w/Pineapple Steamed Rice Stir Fry Veggies Oranges	17 SITE CHOICE
20 CLOSED PRESIDENTS DAY	21 Chicken Broccoli Alfredo on Noodles Crisp Green Salad Peaches Dinner Roll	22 Egg Salad Sandwich Split Pea Soup Apples 100% fruit juice	23 Pot Roast Red Potatoes Green Beans Pineapple Dinner Roll	24 Tuna Casserole W/ Peas Steamed Carrots Pears 100% Fruit juice
27 Ham Sweet Potatoes Steamed Broccoli Apples Dinner Roll	28 Chili w/Ground Turkey Crisp Green Salad Peaches Corn Bread	29 Chicken Vegetable Pot Pie Winter Vegetables Oranges		

Monday meals in Yelm and Friday meals in Lacey are not federally funded and require payment to attend (Menu Subject to change)