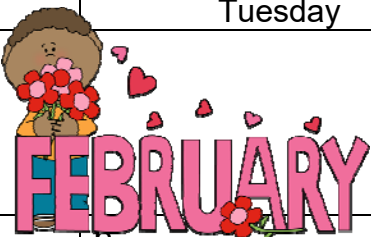







Homage Senior Services Congregate Nutrition Program Menu February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				
			1 Turn Page Over	2 Tossed Salad Stuffed Green Peppers Rice with Peas Seasonal Fresh Fruit
5 Tomato Bisque Soup Egg Salad Sandwich Pickled Beet and Onion Salad Applesauce	6 Tossed Salad Spaghetti and Meat Sauce Brussels Sprouts Garlic Bread Pears	7 Cucumber Salad Baked Fish Baked Sweet Potato Green Peas Pudding	8 Turn Page Over	9 Pea and Cheese Salad Dijon Chicken Roasted Potatoes Zucchini and Tomatoes Seasonal Fresh Fruit
12 Tossed Salad Cheese Pizza with Vegetables Fruit Cocktail Cookie	13 Vegetable Soup Chicken Salad Sandwich Baby Carrots with Ranch Dressing Sun Chips Applesauce	14 Happy Valentine's Day Mixed Green Salad Cordon Bleu Wild Rice Pilaf Mix Spinach Sweetheart Dessert 	15 Turn Page Over	16  Sweet and Sour Chicken Steamed Rice Stir Fry Vegetables Mandarin Orange Fortune Cookie
19 President's Day 	20 Baked Chicken Scalloped Potatoes Brussels Sprouts Fruit Crisp	21 Carrot Raisin Salad Smothered Turkey Cutlet with Mushroom Gravy Steamed Rice Spinach Pears	22 Turn Page Over	23 Lemon Pepper Pollock Roasted Winter Squash Mixed Greens with Vinegar Pears Pudding
26 Tossed Salad Manicotti with Red Sauce Peas and Carrots Applesauce	27 Meatloaf with Gravy Baked Potato Mixed Vegetables Tropical Fruit	28 Split Pea Soup Marinated Vegetable Salad Hot Seafood Sandwich Seasonal Fresh Fruit	1% milk, roll or bread, and fortified margarine are available with all meals. <i>All fresh produce is subject to availability. Substitutions may be made without notice.</i> Suggested meal donation for eligible persons is \$3.00. For non-eligible persons, cost is \$6.00 per meal.	

Edmonds Senior Center Lunch

February 2018 Every Thursday

11:25 – 12:30PM

Cost: The cost to pay for a lunch on Thursday will be \$4.00

Age requirement: There will be no age requirement to have a lunch on Thursday, everyone pays \$4.00.

You don't need to be a member or be over age 60 to have the lunch.

Menu: We will be coming up with some new lunch entrees. If you have ideas, please let Alma know!

Feb 1 – Salad, Meat Loaf, Mashed Potatoes & Gravy, Fruit, Ice Cream Bar

Feb 8 – Spinach Salad Balsamic Vinegar, Baked Potato (Sour Cream, Green Onion, Bacon, Cheese), Broccoli, Banana, Cookie

Feb 15 – Mini Caprese Pizza, Macaroni Salad, Fruit, Brownie

Feb 22 – Beef Taco Salad (Chips, Lettuce, Tomato, Cheese, Sour Cream, Salsa), Tropical Fruit, Tres Leches Cake