







February 2019

*HDM to receive Option A.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Spaghetti and Meatballs Classic Italian Meal!
4 Shepard's Pie Layered meat, mashed potatoes and vegetables	5 Honey Southwest Chicken Salad Entrée salad with black beans, corn and bell peppers with chicken and honey BBQ drizzle	6 Beef Stew Cubed beef slow simmered and Vegetables	7 Fish and Chips Battered and roasted cod served over fries	8 Pork Au Champignons French simmered pork with onions, mushrooms, vegetables and wine
11 Napa Almond Chicken Salad Sandwich Apples, Grapes, Chicken, Celery on Wheatberry Bread	12 Pasta Bolognese Italian noodles topped with slow simmered sauce and elegantly seasoned ground beef	13 Chicken Coq au Vin Chicken and vegetables topped with an elegantly balanced sherry reduction	 Special Valentine's Day Menu	15 Soy Glazed Cod Fish (Low Sodium) Asian Style roasted cod fish topped with soy sauce reduction
18  Closed In Observance of President's Day	19 Creamy Primavera Tuscan Chicken Pasta Cream sauce with broccoli, carrots, mushrooms and peas	20 Curried Egg Salad Sandwich House made curried egg salad served in an artisan whole grain roll	21 Chicken Madeira over Rice Madeira garlic cream sauce with fresh herbs and asparagus	22 Beef Bourguignon Classic hearty meat dish simmered with wine, carrots and vegetables
25 Balsamic Glaze Chicken A Senior Center Favorite! Chicken with balsamic sauce	26 Carnitas Taco Salad Pulled pork over crispy tortillas and topped with lettuce, tomato and cheese	27 Pasta and Meatballs Pasta in tomato sauce simmered with meatballs	28 Chile Egg Puff "A Senior Center Favorite"	