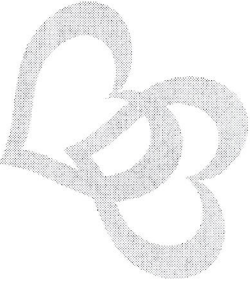
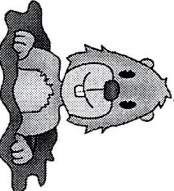






# February 2012

To access ingredient content, call Senior Resources at 419-898-6459

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel your Home Delivered Meal, Please Call Senior Resources at 419-898-6459</p>		<p>1 Chicken &amp; Dumplings Carrots Pears Pineapple Wheat Bread</p>	<p>2  <b>Groundhog Day</b> Scrambled Eggs Sausage Links Belgian Waffle Orange Wedges Fruited Gelatin Tomato Juice</p>	<p>3 BBQ Chicken Fried Potatoes Baked Beans Peaches Dinner Roll</p>
<p>6 Salisbury Steak Oven Brown Potatoes Brussels Sprouts Ambrosia Salad Wheat Roll</p>	<p>7 Manicotti Winter Blend Veggie Fruit Cocktail Breadstick Carrot Cake</p>	<p>8 Open Face Turkey Sandwich Mashed Potatoes Lima Beans Peaches Wheat Bread</p>	<p>9 Tuna Salad Sandwich <b>ALT: Chicken Salad</b> <i>Lettuce/Tomato Slices</i> Cream of Potato Soup Crackers Pears</p>	<p>10 Cabbage Roll <b>ALT: Veal Patty</b> Mashed Potatoes Lettuce Salad ~ Cheese Stick Cinnamon Applesauce Dinner Roll</p>
<p>13 Pork Chop Roasted Red Potatoes Buttered Carrots Pears Dinner Roll</p>	<p>14 Grilled Chicken atop Lettuce Salad/Tomatoes Pineapple Breadstick Banana Bread</p>	<p>15 Boiled Dinner Ham, Cabbage, Carrots <b>ALT: Roast Beef</b> Potatoes Applesauce-Dinner Roll</p>	<p>16 Sloppy Joes Parsley Potatoes Betty Salad Apricots</p>	<p>17 Cheese Ravioli w/ Meat Sauce Italian Green Beans Lettuce Salad Mandarin Oranges Garlic Toast</p>
<p>20 Senior Centers Closed <b>NO HOME DELIVERED MEALS</b> Presidents Day</p>	<p>21 Meatloaf Mashed Potatoes &amp; Gravy Buttered Corn Fruit Medley Wheat Roll</p>	<p>22 Chili with Cheese <b>(Alt: Potato Crunch Fish)</b> Baked Potato Lettuce Salad Pears Cornbread</p>	<p>23 Open Face Chicken Cordon Blue <b>(LS ALT: No Ham)</b> Mashed Potatoes Broccoli Hot Peach Delight Wheat Roll</p>	<p>24  <b>LENT</b> Breaded Pork Chop <b>(Alt: Potato Crunch Fish)</b> Fried Potatoes Prince Edward Vegetables Apricots Wheat Roll</p>
<p>27  <b>PRESIDENTS DAY</b> Roast Pork Bread Stuffing Hubbard Squash Broccoli Applesauce Wheat Bread</p>	<p>28 Apple Raisin Chicken Mashed Potatoes &amp; Gravy Baby Carrots Pineapple Wheat Roll</p>	<p>29 Cheeseburger <i>Lettuce &amp; Tomatoes</i> Hash browns Fresh Orange Quarters <i>Oak Harbor, &amp; Genoa Bday</i></p>	<p align="center">  <b>LEAP YEAR</b> February 29th         </p>	<p>LS Alt—Low Sodium Alternate LF Alt—Low Fat Alternate These items must be ordered ahead</p>
		<p>ASH WEDNESDAY</p> 	<p><i>Elmore, Danbury, PC Bday</i></p>	<p><i>HDM Birthday Treat</i></p>