

FEBRUARY 2018

To access ingredient content, call Senior Resources at 419-898-6459
 REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent. Heat for 1.5 to 2 minutes.
 Depending on your appliances power level.

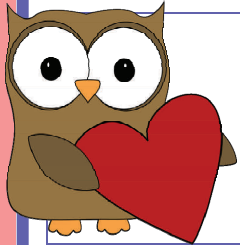
Mon

Tue

Wed

Thu

Fri



5
 Swiss Steak
 Red Potatoes - Carrots
 Ambrosia Salad
 Wheat Roll

6
 Braised Beef Tips
 Over Parmesan Noodles
 Cauliflower
 Orange Glazed Beets
 Orange Wedges
 Wheat Bread

7
 Pepperoni Pizza
Alt: No Pepperoni
 Roasted Red Pepper Soup
 Pea Salad - Fruit Cocktail
 Breadstick - Crackers

8
 Homemade Lasagna
 Italian Green Beans
 Tossed Salad
 Tropical Fruit
 Garlic Toast

9
 14 Roast Beef & Provolone
 Cheese Sandwich
 Loaded Baked Potato Soup
 Broccoli Raisin Salad
 Pears

12
 Chicken Florentine
 Over Pasta
 Italian Blend Vegetables
 Minestrone Soup - Crackers
 Fruit Cocktail—Breadstick

13
 Turkey & Cheddar Sandwich
 Cream of Broccoli Soup
 Creamy Cucumber Salad
 Grapes—Crackers

14 **Ash Wednesday**
 Cheese Ravioli w/ Meat Sauce
Alt: Marinara Sauce
 Green Beans
 Tossed Salad
 Fruited Gelatin - Garlic Toast

15
 Stuffed Pepper
 Mashed Potatoes/Gravy
 Buttered Corn
 Plums - Wheat Roll

16 **Lent**
 Beef Enchilada/Sour Cream
Alt: Bean/Cheese Enchilada
 Black Beans & Corn
 Salsa Salad/Tortilla Chips
 Pineapple

19
Closed Presidents Day


20
 Creamy Chicken & Veggies
 Over Biscuit
 Bettys Salad
 Peach Crisp
 Wheat Roll

21
 Baked Ham
Alt: Baked Chicken
 Fried Potatoes
 Creamed Spinach
 Cinnamon Applesauce
 Cornbread

22
 Braised Short Ribs
 Garlic Mashed Potatoes
 Carrots
 Mandarin Oranges
 White Roll
Elmore/Port Clinton Bday

23 **Lent**
 Spaghetti w/Meatballs
Alt: No Meatballs
 Capri Blend
 Tropical Fruit
 Garlic Knot
Danbury/HDM Bday Treat

26
 Cranberry Glazed Turkey
 w/ Stuffing
 Mashed Sweet Potatoes
 Green Bean Casserole
 Banana - Wheat Bread

27
 Pork Tenderloin
 Roasted Potatoes
 Broccoli w/Cheese
 Mandarin Oranges
 Wheat Roll

28
 Beef Stroganoff
 w/Egg Noodles
 Lima Beans
 BLT Salad—Fruit Salad
 Wheat Bread
Oak Harbor/Genoa Bday

Lent

