

SENIOR CITIZENS MENU FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Oven Baked Chicken Black-eyed Peas Carrot Raisin Salad Chilled Plums Fresh Baked Cornbread Choice of Milk	2 Beef, Macaroni and Tomato Casserole Steamed Broccoli Diced Pears Lemon Gelatin Cake Whole Wheat Bread Choice of Milk	3 Chicken Fried Steak w/ Peppered Gravy Whipped Potatoes Green Beans w/ Mushrooms Tropical Fruit Whole Wheat Roll Choice of Milk
6 Chicken Spaghetti Zucchini Squash Chilled Orange Juice Chocolate Chip Cookies Whole Wheat Bread Choice of Milk	7 Meatball Stroganoff Over White Rice California Vegetables Salad w/ Dressing Lime Sherbet Whole Wheat Bread Choice of Milk	8 Strip Steak w/ Onion and Mushroom Macaroni and Tomatoes Green Peas Pineapple Cake Whole Wheat Roll Choice of Milk	9 BBQ Sausage Scalloped Potatoes w/ Carrots Three Bean Salad Lemon Whip Whole Wheat Roll Choice of Milk	10 Beef Stew Diced Peaches Chocolate Pudding Fresh Baked Cornbread Choice of Milk
13 Mexican Casserole Steamed Corn Salsa, Sour Cream Mandarin Oranges Sugar Cookies Tortilla Choice of Milk	14 Valentines Day Chicken Strips served w/ Cream Gravy Whipped Potatoes Salad w/ Dressing Cheesecake w/ Cherry Topping Whole Wheat Roll Choice of Milk	15 Sliced Ham Glazed Sweet Potatoes Steamed Cabbage Cinnamon Applesauce Fresh Baked Cornbread Choice of Milk	16 Creole Chicken served over Rice Fried Okra Chilled Juice Lemon Gelatin Cake Wheat Roll Choice of Milk	17 Swiss Steak Whipped Potatoes Steamed Broccoli Gelatin w/ Topping Whole Wheat Bread Choice of Milk
20 Presidents Day Savory Meatloaf Baked Beans Mixed Green Salad w/ Dressings Tropical Fruit Whole Wheat Bread Choice of Milk	21 Chicken Cacciatore Whipped Potatoes Sliced Carrots Banana Pudding Whole Wheat Bread Choice of Milk	22 Smoked Sausage Macaroni and Cheese Steamed Broccoli Sliced Peaches Whole Wheat Bread Choice of Milk	23 Birthday's Chicken and Dressing w/ Gravy Green Peas Cranberry Salad Birthday Cake Wheat Dinner Roll Choice of Milk	24 Pork Fritter w/ Gravy Whipped Potatoes Green beans w/ Tomatoes Oatmeal Cookie Wheat Dinner Roll Choice of Milk
27 Spaghetti w/ Meat Sauce California Vegetables Salad w/ Dressing Vanilla Ice Cream Garlic Bread Choice of milk	28 Pepper Steak Whipped Potatoes Sliced Carrots Buttermilk Pie Whole Wheat Bread Choice of Milk	29 Idaho Taco w/ Meat Cheese, Sour Cream, Salsa Lettuce and Tomato Sliced Pineapple Wheat Bread Choice of Milk		

**ROSE PARK
 DINING ROOM HOURS
 11:30AM-12:15PM
 TAKE-HOME MEALS
 12:15-12:30**

**COBB , G.V. DANIELS, SEARS
 CESAR CHAVEZ SOUTH PARK
 DINING ROOM HOURS 11:30-12:15
 TAKE-HOME MEALS 12PM – 12:15PM**

**Birthday Cakes donated by
 Coronado Nursing Center
 751 N. 15th
 Abilene, Texas 79603**