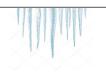


Mid-County Senior Center Lunch Menu February 2019



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Monday	Tuesday	Wednesday	Thursday	Friday
				Seasoned flounder Macaroni & cheese Stewed tomatoes Banana yogurt sundae
4	5	6	7	8
Broccoli stuffed chicken with gravy Peas & pearl onions Crinkle cut carrots Strawberry waffle cookie	Stuffed salmon Roasted baby bakers Winter blend vegetables Diced pears Chocolate pudding	Meatloaf with marsala mushroom gravy Mashed potatoes Brussel sprouts Applesauce Dinner roll	Chili with mozzarella cheese Baked potato Corn bread Orange Sour cream	Pork with gravy over mashed potatoes Green beans Fruit cocktail Ultimate grain bread
11	12	13	**14**	15
Herbed baked chicken Roasted baby bakers Italian beans Chocolate bread	Meatballs in marinara over penne pasta Mixed salad with onion & tomato Applesauce Ultimate grain bread	Chicken & dumplings Scandinavian blend vegetables Diced peaches Yogurt	Deep dish cheese pizza Mixed salad with onion & tomato Chick peas Chocolate ice cream	Salisbury steak with gravy Mashed potatoes Spinach Diced pears Cornbread loaf
18	19	20	21	22
MID-COUNTY CLOSED FOR PRESIDENTS' DAY	Stuffed pepper with marinara sauce Mashed potatoes Cooked apples 12 grain bread	BBQ chicken Baked beans Seasoned greens Yogurt Cornbread	Turkey & Swiss on roll with lettuce, toma- to, & onion Diced peaches Cream of potato soup with bacon Crackers	Beef burgundy over egg noodles Key West vegetables Orange 12 grain bread
25	**26**	27	28	1
Salmon with lemon dill sauce Baked potato Broccoli White wheat bread Rice pudding Sour cream	Italian hoagie with lettuce, tomato, & onion Oil & vinegar Italian wedding soup Vanilla ice cream sundae	Oven fried chicken Mashed potatoes with gravy Green beans Tropical fruit	Cheeseburger on bun with lettuce & tomato Diced pears Minestrone soup Crackers	Curry coconut chicken Brown rice Capri blend vegetables Pineapples Giant graham fish

⁻ All meals are subject to change. All meals contain 1% milk.

⁻ Meals are ordered according to projected number; over that number, back-up meals will be available.

⁻ Suggested minimum donation for persons over 60 is \$2.25. People under 60 must pay \$5.25.

⁻ Please contact City Fare with any questions: 302-421-3734.