

Mid-County Senior Center Lunch Menu

February 2019

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