



JACKSON COUNTY
SENIOR NUTRITION PROGRAM

CONGREGATE
February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Valentine Friendship Party Senior Dinner Dance - Feb. 7th Dinner Served 5-5:30 PM Dance 6-9 PM Lasagna 30 Winter Veg Blend 5 Garden Salad 5 Mandarin Oranges & Dinner Roll 30 Milk 11 Black Forest Torte 45 Dance Reservations 788-4364 96 Total Carbohydrates 81	4 Pulled Turkey & Gravy over Biscuit 30 Lima Beans 20 Cauliflower 5 Applesauce Cup 15 Milk 11 Total Carbohydrates 81	5 Breaded Pork Loin 16 Sweet Potatoes 30 Scandinavian Veggie Blend 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 Cookie 17 Total Carbohydrates 109	6 Stuffed Pepper 19 Mashed Potatoes 21 Hot Spiced Peaches 20 Dinner Roll 15 Milk 11 Total Carbohydrates 86	7 Sloppy Joes on Wheat Bun 35 Broccoli & Cheese Soup 14 Peas & Carrots 5 Fresh Fruit 15 Milk 11 Dessert - Chef's Choice 20 Total Carbohydrates 100
11 Bacon, Egg, Cheese Casserole 21 Zucchini & Tomatoes 10 Honey Carrots 10 Orange Juice 15 Blueberry Muffin 15 Milk 11 Total Carbohydrates 82	12 Sweet & Sour Meatballs over Rice (6) 20 Broccoli 5 Garden Salad w/CROUTONS 10 Pineapple Chunks 15 Milk 11 Chef's Choice Dessert 20 Total Carbohydrates 81	12 Macaroni and Cheese 30 Mixed Veggies 5 Brussels Sprouts 10 Fresh Fruit 15 Dinner Roll 11 Milk 20 Total Carbohydrates 84	13 Beef Pepper Patty w/Gravy 30 Northwest Veggie Blend 5 Hot Spiced Peaches 8 Dinner Roll 15 Milk 15 Total Carbohydrates 84	14 Michigan Made Day!!!! 8 Chicken Pasty w/Gravy 30 Roasted Vegetable Soup 16 Parslied Potatoes 17 Diced Pears 6 Milk 15 Chef's Choice Dessert 20 Total Carbohydrates 100
18 All Nutrition Sites Closed Presidents' Day	19 Western Meatloaf 15 Brussels Sprouts 8 Veggie Pasta Blend 18 Fresh Fruit 15 Dinner Roll 15 Milk 11 Pudding 15 Total Carbohydrates 97	19 Chicken Penne w/Broccoli 15 Cauliflower 8 Venetian Blend Veggies 18 Fresh Fruit 15 Dinner Roll 15 Milk 11 Total Carbohydrates 97	20 Beef Stew 30 Green Beans 4 Hot Spiced Apples 5 Corn Bread 15 Milk 15 Total Carbohydrates 80	21 Veggie Cheeseburger on bun 20 w/onion slice 5 Corn & Black Bean Blend 20 Vegetable Soup 20 Diced Peaches 11 Milk 15 Cookie 17 Total Carbohydrates 93
25 Satisfbury Steak w/Mushroom Gravy 5 Mashed Potatoes 20 Mixed Veggies 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 Total Carbohydrates 71	26 Keilbasa & Sauerkraut 10 Red Potatoes 20 Baby Carrots 8 Fresh Fruit 15 Dinner Roll 15 Milk 11 Pudding 15 Total Carbohydrates 94	26 Stewed Chicken over Rice 10 Carrot Coins 20 Hot Spiced Peaches 8 Fresh Fruit 15 Dinner Roll 15 Milk 11 Total Carbohydrates 94	27 Fish Sandwich w/Tartar Sauce 8 Veggie Blend 7 Loaded Potato Soup 20 Fresh Fruit 15 Milk 15 Total Carbohydrates 79	22 42 5 20 15 11 Total Carbohydrates 93

Menus approved by:



* Substitutions may be made if needed