

JACKSON COUNTY  
SENIOR NUTRITION PROGRAM



Jackson County Department On Aging

CONGREGATE  
February 2020

Reservations needed one day in advance: **CALL 768-8684**  
**LUNCH SERVED AT NOON**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Swedish Meatballs over Rice	3	Chicken Ala King	4	Goulash	5	Vegetable Lasagna	6	Homestyle Meatloaf	7
Brussel Sprouts	45	Winter Vegetable Blend	10	California Vegetable Blend	35	Spinach	37	Mashed Potatoes	10
Carrot Coins	5	Succotash	5	Country Green Beans	5	Hot Spiced Peaches	3	Mixed Veggies	22
Fresh Fruit	7	Biscuit	20	Fresh Fruit	5	Milk	20	Roll & Margarine	9
Milk	15	Fresh Fruit	27	Milk	15		11	Fresh Fruit	20
	11	Milk	15		11		11	Milk	15
	11		11					Milk	11
<i>Total Carbohydrates</i>	83	<i>Total Carbohydrates</i>	88	<i>Total Carbohydrates</i>	71	<i>Total Carbohydrates</i>	71	<i>Total Carbohydrates</i>	87
	Cookie							<i>Chef's Choice Dessert</i>	
Pork Chop Suey over Rice	10	Beef Pasty w/Gravy	11	Chicken Drumsticks	12	Stuffed Pepper	13	Cheesy Shells w/Chicken & Peas	14
Veggie Blend	38	Peas	17	Scalloped Potatoes	8	Mashed Potatoes	15	Broccoli	36
Honey Carrots	7	Zucchini & Tomatoes	7	Green Beans	22	Hot Spiced Apples	22	Cauliflower	5
Fresh Fruit	3	Fresh Fruit	10	Roll & Margarine	5	Roll & Margarine	20	Fresh Fruit	5
Milk	15	Milk	15	Fresh Fruit	20	Milk	20	Milk	15
Fortune Cookie	11	Cookie	11	Milk	15		11		11
	4				11				
<i>Total Carbohydrates</i>	78	<i>Total Carbohydrates</i>	60	<i>Total Carbohydrates</i>	81	<i>Total Carbohydrates</i>	88	<i>Total Carbohydrates</i>	72
	Cookie							<i>Cookie</i>	
Closed President's Day	17	Chicken Cordon Bleu	18	Spaghetti & Meatballs	19	Tahitian Chicken over Rice	20	Fish Sandwich	21
		Mashed Sweet Potatoes	9	Garlic & Herb Broccoli	45	Brussel Sprouts	39	Scalloped Potatoes	43
		Peas & Carrots	34	Carrot Coins	8	Hot Strawberries & Pears	8	Coleslaw	22
		Roll & Margarine	10	Fresh Fruit	7	Milk	20	Fresh Fruit	18
		Fresh Fruit	20	Milk	15		11	Milk	15
		Milk	15		11				11
			11						
		<i>Total Carbohydrates</i>	99	<i>Total Carbohydrates</i>	86	<i>Total Carbohydrates</i>	78	<i>Total Carbohydrates</i>	109
		<i>Chef's Choice Dessert</i>						<i>Chef's Choice Dessert</i>	
Breaded Chicken w/Gravy	24	Meat Lasagna	25	Tuna Noodle Casserole	26	Chicken Fajitas	27	Garlic Herb Pollock	28
Mashed Potatoes	8	Winter Veggie Blend	35	Dilled Carrot Coins	35	Corn & Black Bean Fiesta	3	Potato Cheese Bake	22
Mixed Veggies	22	Peas & Carrots	5	Hot Spiced Peaches	6	Re-Fried Beans	24	Coleslaw	20
Roll & Margarine	12	Fresh Fruit	10	Fresh Fruit	20	Flour Shell & Taco Sauce	22	Roll & Margarine	18
Fresh Fruit	20	Milk	15	Milk	15	Fresh Fruit	36	Fresh Fruit	20
Milk	15		11		11	Milk	15	Milk	15
	11						11		11
<i>Total Carbohydrates</i>	88	<i>Total Carbohydrates</i>	76	<i>Total Carbohydrates</i>	87	<i>Total Carbohydrates</i>	111	<i>Total Carbohydrates</i>	106
	Cookie							<i>Chef's Choice Dessert</i>	
				Dinner Dance February 6th					
				Breaded Pork Cutlet w/Country Gravy					
				Garlic Redskin Mashed Potatoes					
				Vegetable Blend					
				Salad					
				Roll & Margarine					
				Milk					
				<i>Chef's Choice Dessert</i>					

Menus approved by:

\* Substitutions by kitchen staff may be made if needed