





Senior Services of Snohomish County Nutrition Program Menu

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		2-1 Chicken primavera on penne Winter mix vegetables Fresh fruit	2-2 Coleslaw Salmon burger on wheat bun w/lettuce & tomato Potato salad Fruit cocktail	2-3 Asian slaw Sweet & sour chicken w/stir fry vegetables Barley rice Fresh fruit
	2-6 Tossed salad /dressing Chicken chili w/green onion & shredded cheese Tortilla chips Pineapple Pudding	2-7 Vegetable soup/crackers Hot seafood sandwich Fresh vegetables & dip Pears 	2-8 Broccoli salad Grilled chicken burger w/lettuce & tomato Sweet potato fries Fresh fruit	2-9 Roast pork w/cinnamon apples Stuffing Spinach Fruited gelatin
2-13 Salisbury steak /gravy Mashed potatoes Dilled carrots Applesauce	2-14 Valentine's Day Romaine salad w/raspberry vinaigrette Cranberry chicken Rice pilaf Fresh roast vegetable medley Sweetheart dessert	2-15 Dilled cucumber salad Baked chicken thigh w/gravy Roast potatoes Peas and carrots Cookie	2-16 Spinach salad Vegetable quiche Muffin Fresh fruit	2-17 Tossed salad /dressing Swedish meatballs on noodles Mixed squash Fresh fruit
2-20 	2-21 Mardi Gras!! Mardi Gras salad Chicken Louisiana Red beans & rice Bananas foster bread pudding 	2-22 Turkey pot roast Mashed potatoes w/gravy Green beans Peaches	2-23 Tossed salad /dressing Cheese pizza w/veggies Fresh fruit Pudding	2-24 Coleslaw BBQ pork on whole wheat bun Potato wedges Fresh fruit
2-27 Lemon pepper pollock Baked potato w/sour cream Capri vegetables Pineapple	2-28 Coleslaw vinaigrette Teriyaki chicken Barley rice Asian vegetable Mandarin oranges	2-29 Tossed salad /dressing Hearty lentil soup served w/rustic bread Apricots Brownie	1% milk or buttermilk, roll or bread, and fortified margarine are available with all meals. <i>All fresh produce is subject to availability. Substitutions may be made without notice.</i> Suggested meal donation for eligible persons is \$2.50. For non-eligible persons, cost is \$6.00 per meal	