

Area Agency on Aging Region X Menu Plan

February

Monday	Tuesday	Wednesday	Thursday	Friday
3rd	4th	5th	6th	7th
Swiss Steak w/ Tomatoes and Onions	Chicken Tender	Biscuits and Gravy	Vegetable Beef Stew	Cook's Choice
Roasted Potatoes	Baked Sweet Potatoes	Sausage	Dark Green Leafy Salad	
Carrots	Dark Green Leafy Salad	Scrambled Eggs	Pineapple Coleslaw	
Tropical Fruit	Hot Roll	Hashbrown	Cornbread	
Wheat Roll	Baked Cinnamon Apples	Pineapple/Orange Juice	Tropical Fruit	
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
10th	11th	12th	13th	14th
Sloppy Joe	Taco Salad (meat, cheese, & beans)	Meatloaf w/ Ketchup	Chicken Fried Steak/ white gravy	Lasagna w/ Meat Sauce
w/ Bun	Lettuce, Tomatoes, & Onions	Mashed Potatoes w/ Gravy	Mashed Potatoes	Dark Green Leafy Salad w/ Spinach
Cold Pea Salad	Tropical Fruit	Candied Carrots	Broccoli	Italian Blend Veggies
Potato Salad	Tostitos	Apricots	Wheat Roll	Cottage Cheese
Pistachio Fluff w/ Pineapple	Pudding	Wheat Roll	Pears	Garlic Roll
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
17th	18th	19th	20th	21st
Goulash w/ Tomatoes and Onion	BBQ Chicken	Beef & Noodle's	Oven Fried Chicken	Cooks Choice
Green Beans	Potato Salad	Green Beans	Mashed Potatoes w Gravy	
Dark Leafy Green Salad w/ Spinach	Coleslaw	Salad w Tomatoes and Spinach	Pea & Carrots	
Garlic Roll	Peach Crisp	Wheat Roll	Wheat Roll	
Pound Cake w/ Strawberries	Wheat Roll	Jello Fruit Fluff	Birthday Cake w Fruit	
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
24th	25th Tex-Mex	26th	27th	28th
Creamy Potato Soup	Burrito Bowl w Chicken	Cheeseburger w/ Bun	Sweet and Sour Chicken	Fried Fish Filet Sandwich
Hot Ham & Cheese Sandwich	Lettuce cheese tomatoes	Lettuce, Tomato, Onion, Pickle	Fried Rice	Green Beans
Dark Green Leafy Salad	Refried Beans	Potato Wedges	Oriental Vegetables	Spinach
Warm Cinnamon Apples	Spanish Rice	Broccoli Salad	Egg Roll	Wheat Bread
Vanilla Ice Cream	Cinnamon Rolls	Apple Crisp	Mandarin Oranges/Fortune Cookie	Tropical Fruit
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk