

Area Agency on Aging Region X Menu Plan

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb 1st Cheeseburger w/ Bun Lettuce, Tomato, Onion, Pickle Potato Wedges Broccoli Salad Apple Crisp Coffee/Tea/Milk	Feb 2nd Meatloaf w/ Ketchup Mashed Potatoes w/ Gravy Candied Carrots Apricots Wheat Roll Coffee/Tea/Milk
Feb 5th Spaghetti Red w/ diced pickle and onion Dark Green Leafy Salad w/ Spinach Mixed Vegetables Crackers No bake Cookie Coffee/Tea/Milk	Feb 6th Fried Fish Filet Buttered Corn Collard Greens Wheat Bread Tropical Fruit Coffee/Tea/Milk	Feb 7th Chicken Noodle Soup Carrots Celery Onion 1/2 Ham & Cheese sandwich Lettuce Tomatoe Pickle Plums Coffee/Tea/Milk	Feb 8th Chicken Fried Steak/ white gravy Mashed Potatoes Broccoli Wheat Roll Spiced Pineapple warm Coffee/ Tea Milk	Feb 9th Cook's Choice Coffee/Tea/Milk
Feb 12th Goulash w/ Tomatoes and Onion Green Beans Spinach Salad w/ Apples and Vinaigrette Wheat Roll Pound Cake w/ Strawberries Coffee/Tea/Milk	Feb 13th Taco Salad meat cheese beans Lettuce & Tomatoes Pineapple Tostitos Pudding Coffee/ Tea Milk	Feb 14th Open Faced Roast Beef Sandwich Mashed Potatoes w/ Gravy California Blend Vegetables Dark Leafy Green Salad w/ Spinach Apricots Coffee/Tea/Milk	Feb 15th Oven Fried Chicken Mashed Potatoes & Gravy Peas & Carrots Wheat roll Birthday Cake w/ fruit Coffee/Tea/Milk	Feb 16th BBQ Brisket Wheat Bun Butter Corn Baked Beans Tropical Fruit Coffee/Tea/Milk
Feb 19th Hot Dog w/ chili & cheese Wheat Bun French Fries Coleslaw Sliced pears Coffee/Tea/Milk	Feb 20th Cornbread Pork Culet w/ peppered gravy Mashed Potatoes Buttered Carrots Wheat Roll Applesauce Coffee/Tea/Milk	Feb 21st Spaghetti w/ Meat Sauce Dark Green Leafy Salad Mixed Fruit Garlic Rolls Cake Coffee/Tea/Milk	Feb 22nd Chicken Pot Pie Mixed Vegetables Harvard Beets Wheat Roll Plums Coffee/Tea/Milk	Feb 23rd Cook's Choice Coffee/Tea/Milk
Feb 26th German Meatballs Sauerkraut Mashed Potatoes Green Beans w/ onions Baked Apples w/ Cinnamon Coffee/Tea/Milk	Feb 27th Korean Beef Rice Rice Oriental Vegetables Mandrin Oranges Fortune Cookie Coffee/Tea/Milk	Feb 28th Italian Chicken /W Roasted Potatoes Dark Green Leafy Salad Italian Blend Vegetables Coffee Cake Coffee/Tea/Milk	Feb 29th Stuffed Peppers Zucchini and Tomatoes Mexican Corn Wheat Hot Rolls Sweet Mexican Cinnamon Rice Coffee/Tea/Milk	March 1st Coffee/Tea/Milk

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