

Apple of My Heart Nutrition Senior Home Delivered Lunch Menu - February 2013

Monday		Wednesday		Friday
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	February 1, 2012
	Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services.			Pork Roast & Gravy Mashed Potatoes Cauliflower w/ Cheese Fruit Cocktail
February 4, 2012	February 5, 2012	February 6, 2012	June 7, 2012	February 8, 2012
Hot Meal	Cold Meal	Hot Meal	Cold Meal	
Polish Sausage Whole Grain Bun Sauerkraut Carrot Sticks Cinnamon Applesauce	Salisbury steak Baked potato Broccoli/Cauliflower Pumpkin Pie	Breaded Baked White Fish Wild Rice Seasoned Spinach Marinated Cucumber & Tomato Salad Pears	Chicken & Cheese Quesadilla Refried Beans Corn Strawberry Jell-O	Pigs in a blanket Potato Wedges Green Beans Grape Salad
February 11, 2012	February 12, 2012	February 13, 2012	February 14, 2012	February 15, 2012
Hot Meal	Cold Meal	Hot Meal	Cold Meal	
Breakfast Sandwich (Whole Grain English Muffin, egg, cheese, Canadian bacon) Tomatoes Orange Juice	Chicken Broccoli, Rice & Cheese Casserole Mixed Vegetables Pineapple Bread Pudding	Chicken & Broccoli Alfredo Caesar Salad Garlic Bread Chocolate Cake w/ Fruit Topping Happy Valentines Day!	Peanut Butter & Jelly Sandwich Baked Chips Carrot Sticks Yogurt Brown Bag Lunch	Sloppy Joe Whole Grain Bun Creamed Corn Brussels Sprouts Banana
February 18, 2012	Cold Meal - Friday February 15, 2013	February 20, 2012	February 21, 2012	February 22, 2012
Presidents' Day Agency Closed Two meals will be served Friday February 15, 2013	Open Faced Roast Beef Sandwich w/ Gravy Mashed Potatoes 3 Bean Medley Mandarin Oranges	Breaded Pork Cutlet Brown Rice Sweet Peas Cherry Tomatoes Baked Cinnamon Apples	Turkey Tetrizzini Spiral Noodles Roasted Broccoli & Cauliflower Fruit Medley	Meatball Sub w/ marinara sauce & Cheese Mustard Potato Salad Italian Vegetables Red Seedless Grapes
February 25, 2012	February 26, 2012	February 27, 2012	February 28, 2012	
Hot Meal	Cold Meal	Hot Meal	Cold Meal	
Herb Roasted Chicken Roasted Potatoes Candied Carrots Whole Grain Roll Apple sauce	Chicken Fajitas w/ Pepper & Onions 2 Whole Grain Tortillas Chunky Salsa w/ Black Beans Nacho Chips Pineapple Up-Side Down Cake	Chef Salad (Meat, Cheese, Egg Tomato & Dressing) Whole Grain Crackers Southwestern Vegetable & Bean Soup Creamy Fruit Salad	Breakfast Casserole (Egg, Cheese, Sausage) Whole Wheat Bread Hash browns V-8 Juice & Grapefruit Sections	

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