


February 2010

Defiance County Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Chicken Breast on Bun Baked Sweet Potato Fries Coleslaw Ambrosia Salad	2 <u>Heart Month</u> Lemon Baked Fish Rice Pilaf Mixed Vegetables Orange Juice Whole Wheat Bread Calico Fruit	3 Cube Steak Mashed Potatoes Stewed Tomatoes Whole Wheat Roll Peaches	4 Beef Stew Tossed Salad Tropical Fruit Biscuit	5 <u>Birthday Dinner</u> Roast Turkey Savory Bread Dressing Winter Blend Apricots Whole Wheat Bread Birthday Cake
8 <u>Black History Month</u> Ravishing BBQ Ribs Macaroni and Cheese Spinach Cornbread Crumb-Topped Peaches	9 Turkey and Swiss Sandwich Brussels Sprouts Potato Chowder Plums	10 Chicken and Dumplings Steamed Cabbage Carrot and Raisin Salad Whole Wheat Bread Mandarin Oranges	11 Mushroom and Swiss Burger on a Bun Three Bean Salad Cauliflower Apricots	12 <u>Valentine's Day</u> Honey Baked Ham Baked Sweet Potato Corn Fruit Cocktail Dinner Roll Valentine Dessert
15  Defiance Co. Senior Services will be Closed in Honor of President's Day	16 <u>Fat Tuesday</u> Stuffed Cabbage Roll Buttered Noodles Carrot Coins Cottage Cheese Pineapple Tidbits Cake Doughnut	17 <u>Ash Wednesday</u> Tuna Salad Sandwich Buttered Corn Baked Apples Tomato Soup	18 Oven Baked Chicken Broccoli Pears Blueberry Muffin Cheesy Potatoes	19 Macaroni and Cheese Tossed Salad Peas and Carrots Whole Wheat Bread Orange Sections
22 <u>Chinese New Year</u> Stir-Fry Chicken and Veggies Over Rice Steamed Cabbage Egg Roll Mandarin Oranges Fortune Cookie	23 Succulent Roast Beef with Potatoes and Carrots Buttermilk Biscuit Pineapple Tidbits	24 Turkey Pot Pie Green Beans Mashed Potatoes Apple Juice Blueberry Muffin	25 Meatloaf Baked Beans Cole Slaw Pears Whole Wheat Roll	26 Spinach Lasagna Tossed Salad Breadstick Peach Slices

To access meal ingredients, please contact us at 419-782-3321

Menus subject to changes in accordance with food availability

Low Fat, Low Sodium, High Flavor Frozen Meals are also available at Your Senior Center
Call us for assistance - 419-782-3321