


Monday	Tuesday	Wednesday	Thursday	Friday
<p>LS Alt= Low Sodium Alternate LF Alt= Low Fat Alternate (These items must be ordered ahead) Menus may change to availability</p>	<p>1 Tasty Cubed Steak Mashed Potatoes Stewed Tomatoes Whole Wheat Roll Peaches and Pears Medley</p>	<p>2 Macaroni and Cheese Parmesan Spinach Carrots Whole Wheat Bread Fruit Parfait</p>	<p>3 Chinese New Year Stir Fry Chicken and Veggies Over Rice Steamed Cabbage Vegetable Egg Roll Mandarin Oranges Fortune Cookie</p> 	<p>4 Hearty Beef Stew Biscuit Tossed Salad w/Dressing Tropical Fruit Salad Birthday Cake</p>
<p>7 Egg Salad Broccoli Salad Potato Salad Croissant Roll Apple Slices</p>	<p>8 BBQ Ribs (BBQ Chicken-LS/LF Alt) Cheesy Mashed Potatoes Lima Beans Cole Slaw Golden Cornbread Crumb- Topped Peaches</p>	<p>9 Chicken Breast Baked Winter Squash Peas Dinner Roll Pears</p>	<p>10 Meatloaf Sandwich Baked Beans Tossed Salad with Diced Tomatoes Hamburger Bun Waldorf Fruit Salad</p>	<p>11 Roast Turkey Bread Dressing Baby Carrot Orange Juice Whole Wheat Bread Apricots</p>
<p>14 Valentine's Day Honey Baked Ham (Chicken Breast-Ls Alt) Baked Sweet Potato Mixed Vegetables Fruit Cocktail / Cherries Croissant</p>	<p>15 Chicken and Dumplings Steamed Cabbage Carrot and Raisin Salad Whole Wheat Bread Mandarin Oranges</p>	<p>16 Mushroom and Swiss Burger On a Bun Three bean Salad Roasted Cauliflower Apricots</p>	<p>17 Lasagna Green Beans Tossed Salad w/Dressing Breadstick Prunes</p>	<p>18 Chili with Beans Baked Potato Golden Cornbread Frosted Fruit</p>
<p> Senior Services will be Closed for President's Day</p>	<p>22 Turkey and Swiss Sandwich Brussels Sprouts Potato Chowder Apple Juice</p>	<p>23 Heart Month Baked Cod Hearty Rice Pilaf Baked Italian Vegetables Orange Juice Whole Wheat Bread Calico Fruit</p>	<p>24 Succulent Roast Beef with Potatoes and Carrots Whole Wheat Roll Mandarin Oranges</p>	<p>25 BBQ Chicken Scalloped Potatoes Broccoli Salad Whole Wheat Roll Purple Plums Cake</p>
<p>28 Sausage Gravy Over Buttermilk Biscuit Buttered Succotash Apricots Cake Doughnut Chilled Grape Juice</p>	<p>Soup and Salad Bar Each Wednesday and Friday at The Defiance County Senior Services Lunch Café. 11:30am to 1:00pm Come and enjoy a fresh salad and homemade soups with your delicious lunch.</p>			