



February 2017 Menu

Questions regarding your meal delivery? Contact Robin at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Our breads and rolls are whole wheat unless specified.</p> <p>lcs= low concentrated sweets sf = sugar free</p>		<p>1 Tomato Soup 1/2 Grilled Cheese Sandwich on Texas Toast Peaches & Cottage Cheese Crackers Grape Juice <i>Salad Bar in Café</i></p>	<p>2 Pork Chops with Gravy Mashed Potatoes Jell-O with Diced Pears Beets Dinner Roll</p>	<p>3 BBQ Chicken Diced Potatoes Green Beans Ambrosia Salad Cornbread Birthday Cake lcs= cake with no frosting</p>
<p>6 Parmesan Crusted Chicken Diced Potatoes with Gravy Peas & Onions Fruit Cocktail Dinner Roll</p>	<p>7 Turkey Manhattan Cole Slaw Apricots Bread Dressing Butterscotch Pudding lcs= SF Pudding</p>	<p>8 Taco Salad with taco chips, lettuce, ground beef, cheese & tomatoes Banana Cornbread <i>Salad Bar in Café</i></p>	<p>9 Chicken Noodle Casserole Sweet Peas Carrots Applesauce Garlic Toast</p>	<p>10 Ham baked in apple juice alt = Chicken Breast Venetian Blend Vegetables Sweet Potatoes Fruit Cocktail Croissant Cookie lcs = SF cookie</p>
<p>13 Hamburger Patty with Spaghetti Sauce Italian Vegetables Parmesan Noodles Calico Fruit Orange Juice Wheat Bread</p>	<p>14 Chicken Cacciatore Broccoli Cauliflower Banana Dinner Roll Ice Cream lcs= Sherbet</p>	<p>15 Turkey & Swiss Sandwich Potato Soup Pickled Beets Apple Juice <i>Salad Bar in Café</i></p>	<p>16 Stir Fry Chicken & Vegetables over Rice Brussels Sprouts Pork Egg Roll Mandarin Oranges Fortune Cookie</p>	<p>17 Macaroni & Cheese with diced Ham alt = diced turkey Cozumel Blend Vegetables Parmesan Spinach Fruit Yogurt Wheat Bread Oatmeal Cookie lcs= SF cookie</p>
<p>20 Defiance County Senior Services is closed for President's Day </p>	<p>21 Roast Pork Mashed Potatoes Asparagus Tropical Fruit Salad Dinner Roll Chocolate Chip Cookie lcs = SF cookie</p>	<p>22 Beef Stew Cornbread Raisins Grape Juice <i>Salad Bar in Café</i></p>	<p>23 Hot Chicken Sandwich Carrot Salad Potato Salad Fruit Cocktail</p>	<p>24 Spinach Lasagna Green Beans Pears Wheat Bread Peanut butter Cookie lcs = SF Cookie</p>
<p>27 Vegetable Frittata Tater Tots Saucy Prunes & Peaches Biscuit</p>	<p>28 Meatloaf Scalloped Potatoes Mixed Vegetables Apple Dinner Roll Cookie lcs = SF Cookie</p>	<p><i>Believe you can and you're halfway there!</i></p> <p>- Theodore Roosevelt</p>		<p><i>For nutrition info or to access ingredients of any meal, please contact Delinda at 419-783-4813</i></p>