

Donation: \$1.00

Lunch is served at 1:00 pm at the South Middle School on West Silver Street.
Please call the Senior Center at 562-6435 by 10:30am to reserve your spot.

A carton of Low Fat Milk is included with every meal.
Coffee or Tea may be selected in place of the Milk.



Friday Feb.1, 2019
Breaded Baked Pollock
Whipped Potatoes
Steamed Broccoli
WG Dinner Roll
Chocolate Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

Monday Feb.5, 2019

**EARLY RELEASE
NO MEAL SERVICE**

Tuesday Feb.6, 2019

Yankee Pot Roast
Whipped Potatoes
Whole Kernel Corn
Blueberry Snack'n Loaf
Fresh Fruit
Carton of Low Fat Milk

Wednesday Feb.7, 2019

Shepherd's Pie made with
Beef, Corn and Whipped Potatoes
Steamed Green Beans
WG Dinner Roll
Chilled Applesauce
Carton of Low Fat Milk
Soup Of The Day

Thursday Feb.8, 2019

Roasted Turkey
With Gravy
Whipped Potatoes
Whipped Yams
Apple Crisp
Carton of Low Fat Milk
Snack Loaf

Friday Feb.9, 2019

Lemon Pollock Loin (unbreaded)
Whipped Potatoes
Steamed Broccoli
WG Dinner Roll
Chocolate Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

Monday Feb.11, 2019
Savory Chicken Breast & Gravy
over Stuffing

Broccoli
Warm Sliced Apples
Carton of Low Fat Milk
Soup Of The Day
Dried Cranberries

Tuesday Feb.12, 2019

Yankee Pot Roast
Whipped Potatoes
Green Beans
Blueberry Snack'n Loaf
Chilled Pears
Carton of Low Fat Milk

Wednesday Feb.13, 2019

Meatloaf
Rice Pilaf
Peas and Carrots
WG Dinner Roll
Strawberry cups
Carton of Low Fat Milk
Soup Of The Day

Thursday Feb.14, 2019

Roasted Turkey
With Gravy
Whipped Potatoes
Whipped Yams
Peach Crisp
Carton of Low Fat Milk
Snack Loaf

**Friday Feb.15, 2019**

Potato Pollock Fillet
Whipped Potatoes
Steamed Broccoli
WG Dinner Roll
Chocolate Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

Monday Feb.18, 2019

**NO SCHOOL
Winter Vacation**

Tuesday Feb.19, 2019

**NO SCHOOL
Winter Vacation**

Wednesday Feb.20, 2019

**NO SCHOOL
Winter Vacation**

Thursday Feb.21, 2019

**NO SCHOOL
Winter Vacation**

Friday Feb.22, 2019

**NO SCHOOL
Winter Vacation**

Monday Feb.25, 2019

Beef Stroganoff
over Egg Noodles
Italian Blend Vegetables
Diced Strawberry Cup
Carton of Low Fat Milk
Soup Of The Day
Dried Cranberries

Tuesday Feb.26, 2019

Yankee Pot Roast
Whipped Potatoes
Green Beans
Blueberry Snack'n Loaf
Chilled Pears
Carton of Low Fat Milk

Wednesday Feb. 27, 2019

Savory Chicken Breast
Au Gratin Potatoes
California Blend Veggies
Fresh Fruit
Carton of Low Fat Milk
Soup Of The Day
Snack Loaf

Thursday Feb 28, 2019

Roasted Turkey
With Gravy
Whipped Potatoes
Whipped Yams
Peach Crisp
Carton of Low Fat Milk
WG Dinner Roll

