






Mizell Senior Center February 2018 Menu

 = High Sodium Day

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Peace Love</i> 		1 Chicken Enchilada Aztec Rice Mixed Vegetables Apple Sauce, Milk,	2 Baked Cod Egg Noodles Mixed Vegetables Orange, Milk Yogurt
5 Teriyaki Chicken Stir-Fry Vegetables Fried Rice Hawaiian Roll Orange, Milk	6 Roast Pork Loin Mashed Potatoes Carrots Wheat Roll Apple Sauce, Milk	7 Baked Chicken Breast Cauliflower Blend Garden Rice Dinner Roll Banana, Milk	8 Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Roll Diced Peaches, Milk	9 Vegetable Lasagna Italian Vegetables Garlic Bread Yogurt, Juice & Milk
12 Chicken Alfredo Egg Noodles Broccoli Wheat Roll Orange, Milk	13  Hamburger Lettuce & Tomato Coleslaw Tater Tots Baked Beans Banana, Milk	14  Spaghetti w/Meat Balls with Sauce Garlic Bread Green Beans Mandarin cup, Milk	15 Spanish Style Chicken Mild Green Salsa Zucchini & Tomatoes Aztec Rice Apple Sauce, Milk	16 Tuna Casserole with Vegetables Broccoli Wheat Roll Yogurt, Diced Peaches & Milk
19  Closed Presidents' Day	20 Cheese Ravioli w/ Marinara Sauce Winter Blend Veggies Garlic Bread Fruit Cocktail, Milk	21 Sheppard's Pie - Beef, Mixed Vegetables and Mashed Potatoes Green Beans, Wheat Roll Diced Peaches, Milk	22 Roast Pork Carnitas Mild Red Sauce Carrot, Black Beans & Rice Corn Bread Orange, Milk	23 Chicken Caesar Salad Tomato Wedge Hard-Boiled Egg Wheat Roll Yogurt, Juice & Milk
26 Swedish Meatball Broccoli Egg Noodles Dinner Roll Apple Sauce, Milk	27 Chef's Special Bacon-Lettuce- Tomato Chicken Pasta Salad Crackers Orange, Milk	28 Roast Turkey Corn Bread Dressing Pan Gravy, Roll Green Beans Mandarin Cup , Milk	Mar 1 Meatloaf Dinner Scalloped Potatoes Winter Blend Vegetables Wheat Roll Diced Peaches, Milk	Mar 2 Baked Cod Brown Rice Pilaf Cauliflower & carrots Wheat Roll Yogurt, Apple, Milk