




Mizell Senior Center February 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grilled Salmon w/Lemon Wedge Rice Pilaf Carrots Dinner Roll
4 Beef Stew Roasted Potatoes & Carrot Green Salad Dinner Roll	5 Egg Salad Sandwich Lettuce & Tomato Beet Salad	6 Chicken Marsala Farfalle Pasta Broccoli Dinner Roll	7  Hamburger Lettuce & Tomato Coleslaw Tater Tots Baked Beans	8 Chicken Alfredo Egg Noodles Broccoli Garlic Bread
11  Cheese Ravioli w/Alfredo Sauce Winter Blend Veggies Garlic Bread	12 Oven Fried Chicken Mashed Potatoes Country Gravy Broccoli Wheat Roll	13 Tuna Salad Sandwich Lettuce & Tomato Baked Chips	14 Country Ribs Savory Corn Pudding Carrots Wheat Roll 	15 Meat Loaf Scalloped Potatoes Winter Blend Veggies Wheat Roll
18 CLOSED 	19 Baked Ham w/Glaze Scalloped Potatoes Garden Salad Dinner Roll	20 Chef Salad Ham, Turkey & Cheese Wheat Roll	21  Chicken Pot Pie Green Salad Italian dressing Garlic Bread	22 Baked Cod Tartar Sauce Rice Pilaf Carrots Dinner roll
25 Vegetable Lasagna Green Beans Wheat Roll	26 Baked Chicken Breast Cauliflower Blend Garden Rice Dinner Roll	27 Salisbury Steak Mashed Potatoes Mixed Vegetables Green Salad Wheat Roll	28 Country Herb Chicken Rice Pilaf Peas & Carrots Hawaiian Roll	