








February 2025 Seniors' CHOICE menu

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	
Salisbury Steak w/ Mushroom Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Parslied Potatoes Mixed Vegetables Grape Juice 100% Wheat Bread (2 slices) Margarine Diet: same	Cheese Manicotti - 9133 w/ Pesto Cream Sauce <i>(ch b) spaghetti & meatballs ch7015</i> Spinach California Blend Vegetables Pears <i>Wheat Bread / Margarine (ch a only)</i> Diet: same	Hamburger - 9071 <i>(ch b) hot deli ham ch7005</i> w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same	turkey Ham & Beans - 9062 <i>(ch b) chicken stew ch7022</i> Mixed Vegetables (2 servings) Cornbread Fruit Cocktail Wheat Roll / Margarine Diet: same	Sloppy Joe - 9060 <i>(ch b) chicken bbq ch7002</i> Peas Chuckwagon Corn Bun Peaches Diet: same	
10	11	12	13	14	
Beef Vegetable Stew - 9001 <i>(ch b) chicken stew ch7022</i> w/ Peas, Carrots, & Red Skin Potatoes Green Beans Spiced Pears w/ Cranberries Wheat Bread (2 slices) Margarine Diet: same	Hawaiian Pineapple Ham - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Roasted Sweet Potatoes Peas Fruit Cocktail Wheat Bread (2 slices) Margarine Diet: same	Orange Chicken - 9105 <i>(ch b) baked fish - ch7048</i> Brown Rice Green Beans Carrots Mandarin Oranges Wheat Bread / Margarine Margarine Diet: same	BBQ Beef - 9051 <i>(ch b) grilled chicken breast ch7026</i> Peas & Onions Potato Wedges Bun Peaches Diet: same	VALENTINES DAY Chicken Alfredo over Spaghetti - 9065 <i>(ch b) mediterranean glazed salmon ch7068</i> Broccoli Carrots Baked Cinnamon Apples 1 Wheat Bread / Margarine (ch b only) Diet: same	
17	18	19	20	21	
Roast Turkey w/Gravy - 9005 <i>(ch b) country fried steak w/gravy ch7054</i> Mashed Potatoes Vegetable Medley Cranberry-Apple Juice 100% Wheat Bread (2 slices) Margarine Diet: same 	Roast Pork Loin w/ Gravy - 9115 <i>(ch b) chicken w/gravy ch7008</i> Brown Rice Vegetable Medley (2 servings) Wheat Bread / Margarine Peaches Diet: same	Chicken Fajita Bowl - 9004 <i>(ch b) Taco Bowl ch7010</i> Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce <i>(ch b) chicken tenders ch7009</i> Brown Rice Scandinavian Veggies (2 servings) Pears Wheat Bread / Margarine Margarine Diet: same	Swedish Meatballs - 9053 <i>(ch b) chicken & gravy ch7037</i> Egg Noodles Brown Rice Broccoli Carrots Sponge Cake Fruit Punch 100% Diet: same 	
President's Day				Happy February Birthday!	
24	25	26	27	28	
Meatloaf w/ Gravy - 9072 <i>(ch b) roast turkey w/ gravy ch7002</i> Mashed Potatoes Carrots Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same	Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy ch7025</i> California Blend Vegetables (2 servings) Apricots Wheat Bread (2 slices) Margarine Diet: same	Steak Hoagie w/ Gravy - 9302 <i>(ch b) grilled chicken breast ch7026</i> Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same	Chicken Tenders - 9061 <i>(ch b) baked fish ch7048</i> Brown Rice Green Beans Carrots Fruit Cocktail Wheat Bread / Margarine Margarine Diet: same	Cinci-Style Chili - 9112 w/ Spaghetti <i>(ch b) roast beef w/gravy ch7025</i> Kidney Beans Broccoli Cinnamon Applesauce <i>Cheddar Cheese (ch A only)</i> <i>Oyster Crackers (ch A only)</i> 2 Wheat Bread / Margarine (ch b only) Diet: same	
			Complete Meal Meets 1/3 DRI for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2026		BLACK HISTORY MONTH 