

Congregate Senior Nutrition Program

February 2025 – Menu

3 - Monday Goulash Green Beans Lorna Doones Canned Pears WW Breadstick CELEBRATE BDAYS 	4 – Tuesday Beef Stew Seasoned Wax Beans Whipped potatoes w/gravy Apricots SF Vanilla Pudding Biscuit	5 – Wednesday Shredded Chicken w/homemade BBQ Peas Seasoned carrots Cole Slaw SF Chocolate Pudding Bun	6 – Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Applesauce Bread Vanilla Wafers	7 – Friday Tuna Noodle Casserole OR Turkey Patty w/gravy over White Rice Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread
10 - Monday Salisbury Steak w/gravy Zucchini & Tomatoes Whipped Potatoes w/gravy Applesauce Graham Crackers	11 – Tuesday Swiss Chicken Casserole Seasoned Peas and Carrots Seasoned Red Beets Diced Peaches SF Vanilla Pudding	12 - Wednesday Pork Loin w/gravy Bread Dressing w/gravy Spinach Kidney Bean Salad Pineapple Lorna Doones Vinegar packet	13 – Thursday Veggie Frittata w/cheese Potatoes O'Brien Sausage Apricots Bread & Jelly	14 – Friday Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit SF Chocolate Pudding Bread 
17 – Monday COSED FOR PRESIDENT'S DAY	18 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Cole Slaw Bun Pears Guest Speaker @ WDS – Mary Garrison, Heritage	19 – Wednesday Shepherd's Pie Lima Beans Tarragon Baby Carrots Peaches WW Bread Guest Speaker @ OX – Mary Garrison, Heritage	20 – Thursday Baked Tilapia OR Grilled Chicken Breast White Rice Garlic Green Beans Mixed Fruit SF Chocolate Pudding Guest Speaker @ SC – Mary Garrison, Heritage	21 – Friday Ham & Beans Corn Bread California Blend Tossed Salad w/ Reg Ranch Diced Pineapple Bread
24 – Monday Salisbury Steak w/gravy Whipped Potatoes w/gravy Zucchini & Tomatoes Pears SF Vanilla Pudding	25 – Tuesday Chicken and Noodles Seasoned Corn Cooked Spinach Vinegar Packet Mandarines SF Chocolate Pudding	26 – Wednesday Meatloaf w/gravy Potatoes w/gravy Seasoned Wax Beans Baked Apples Lorna Doones Bread	27 – Thursday Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw Applesauce Bun	28 – Friday Beef Pot Roast w/gravy Whipped Potatoes w/gravy California Blend Apricots Vanilla Wafers WW Bread

**AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added, trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free

All Meals served with 1% Milk/Tea/Water **The menu is subject to change**
SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00
(Full Price \$8.00)