

# FEBRUARY MENU



For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

The Suggested Contribution for participants age 60+ is \$3.50.

Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

## MONDAY

3

Pot roast with potatoes & carrots, coleslaw, a whole grain roll, and an apple crisp with Oatmeal topping.

## TUESDAY

4

Turkey with mashed potatoes and gravy, a whole grain roll, pineapple chunks, and whole wheat fig newtons.

## WEDNESDAY

5

Pork\*\* chop with gravy, sliced mushrooms, winter vegetable mix, lemon-herbed quinoa, an orange, and an oatmeal cookie.

## THURSDAY

6

Shrimp Scampi with yellow squash, 5-way vegetable mix, whole wheat penne noodles, and cubed mangoes.

## FRIDAY

7

Beef and broccoli, edamame, Asian vegetable mix, brown rice, and pear slices.

10

Ham\*\* and Swiss cheese sandwich on whole wheat bread, coleslaw, French fries, and an orange.

11

Cod fillet with Brussel sprouts, chuck wagon corn, brown rice pilaf, and mixed berries.

12

Beef stew, carrots and potatoes, broccoli, a whole wheat biscuit, and aprichots.

13

Herb-encrusted chicken, yam, spinach, a whole grain roll, apples and cinnamon, and Graham crackers.

14

Pork\*\* meatballs, Italian vegetables, butternut squash, whole wheat penne noodles, and peaches.

17

**Closed for President's Day**

18

Sailsbury steak, mashed potatoes, normandy vegetables, a whole grain roll, peach crisp with Oatmeal topping.

19

Shrimp Alfredo, broccoli, mixed vegetables, brown rice, and pineapple.

20

Chicken with curry sauce, edamame, winter vegetables, whole wheat penne pasta, and aprichots.

21

Blackened Pork\*\*, cauliflower, peas, a whole grain roll, applesauce, and graham crackers.

24

Turkey, whole wheat stuffing, mashed potatoes, baby carrots, and peaches.

25

Scrambled eggs with diced bell pepper and onion, Pork\*\* sausage, tater tots, a whole wheat biscuit, and mandarin oranges.

26

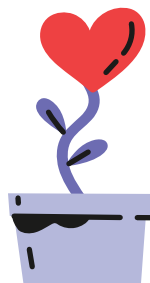
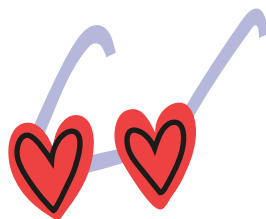
Barbeque Pork\*\* chop, baked beans, summer squash, lemon quinoa, and an apple.

27

Chicken tacos on a whole wheat tortilla, refried beans, Mexican corn, and a banana.

28

Whole wheat spaghetti and beef meatballs, green beans, garden Greek salad, a bread stick, and sliced pears.



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