

Senior Wellness Center

Free for 60 and over

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Roast Beef mash taters mixed veggies canned fruit	1 Closed due to covid 19	2 Curried Lentil Leek Soup Hot Ham n Cheese fresh fruit	3 Closed due to covid 19	4 Meat Loaf roasted root'n vegetables mac n cheese fresh fruit	
	7 Beef Stir Fry brown rice canned fruit	8 Closed due to covid 19	9 Baked Fish cajun corn green beans fresh fruit	10 Closed due to covid 19	11 Chicken enchiladas spanish rice salad mix dessert	
	14 Spagetti meat balls creamy broccoli salad garlic bread canned fruit	15 Closed Presidents Day	16 Rosemary Ranch Chicken Potato Au Gratin roasted carrots fresh fruit	17 Closed due to covid 19	18 Shepards Pie (beef) broccoli fresh fruit	
	21 Closed Presidents Birthday	22 Closed due to covid 19	23 Rosemary Ranch Chicken Potato Au Graten broccoli fresh fruit	24 Closed due to covid 19	25 Lasagna mixed vegetables garlic bread fresh fruit	
	28 Black Bean Chilli Corn bread canned fruit					

Approved by Kacey Conyers, RD 4/1/15

**Monday, Wednesday and Friday are lunch for participants and meal deliveries.
Tuesday and Thursday we'll be open but closed to the public**