




Senior Wellness Center

Seeds, Nuts and Corn were ground into flour using grinding stones and made into breads, mush and other uses

February 2023

Lunch is served from 12pm to 1 pm
Tues, Weds, and Friday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Hearty Vegetable beef stew dinner rolls fresh fruit	2 Open Hours 8 am to 5 pm Monday thru Friday	3 BBq Pulled Pork apple cran. slaw ww gamburger buns baked yams choice of fruit	
	6 Spinach Lentil Soup ww crackers or bread choice of fruit	7 Meat Loaf roasted vegetables wild rice pilaf jello with fruit	8 Pork Tamales three bean salad spanish rice choice of fruit	9 Tuna pocket Sandwich White Bean Salad choice of fruit	10 Chicken Cordon Blu Mash Potatoes mac'n cheese choice of fruit	
 Happy Valentine's Day Warm Springs	13 Baked Chicken broccoli/califlower fitters choice of fruit	14 Roast Beef baked red potatoes steamed vegetables valentines day	15 Shepards Pie w/ mash potatoes fresh greens choice of fruit	16 Potato waffle Sandwich sauteed veggies choice of fruit	17 Cajun Salmon w/ pineapple salsa corn kale slaw choice of fruit	
	20 Presidents Day No Work	21 Rosemary Ranch Chicken potato au gratin Broccoli florets choice of fruit	22 Hot Ham'n Cheese Tomato Bisque ww bread choice of fruit	23 Chicken Philly Cheese Steak sandwich Spring Salad fresh fruit	24 Meat Spagetti garlic bread green salad choice of fruit	
	27 Finger Egg Sandwich ww bread (roasted butternut- w/orange maple) Choice of Fruit	28 Chicken Mushroom & spinach lasagna w/ salad fresh green beans Montly Birthday	Blackened Fish Tacos black bean chilli chioce of fruit			

Approved by Kacey Conyers, RD 4/1/15

**We have re-located back home to the Senior Center, seat down meals provided.
New Lunch hours.. Tuesday, Wednesday and Friday from 12pm to 1pm**