




Frederick County Senior Center Menu February 2019

MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE

MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Center Closed
4 Beef or Turkey burger, roasted red potatoes, garden salad, baked apples, milk	5 Chicken parmesan, pasta with marinara, buttered kale, squash, chocolate pudding, fruit salad, whole grain bread (no milk)	6 Pork chop with mushroom gravy, bread dressing, sweet potatoes, pea salad, mandarin oranges, grain bread, milk	7 BBQ chicken, baked beans, carrots, bread pudding, applesauce, whole grain bread, milk	8 Center Closed
11 Baked ham, rice pilaf, roasted yams, peas, fruit of choice, whole grain bread, milk	12 Center Valentine's Day Celebration	13 Egg salad sandwich, vegetable soup, beets, string cheese, chocolate pudding, pineapple (no milk)	14 Hearty chili, spinach salad, oatmeal raisin cookie, peaches, corn bread, milk	15 Center Closed
18 Center Closed for President's Day	19 Sweet & Sour chicken over rice, green beans, peach crisp, milk	20 Pork chop, rice pilaf, baked beans, broccoli, strawberry gelatin salad, whole grain bread, milk	21 Italian casserole, roasted zucchini, fruit salad, whole grain bread (no milk)	22 Center Closed
25 Breaded fish filet sandwich on bun, baked beans, collard greens, pineapple, milk	26 Cheesy macaroni and ham casserole, mashed sweet potatoes, lima beans, mandarin oranges, corn bread (no milk)	27 Salisbury steak with gravy, buttered rice, roasted cabbage, pinto beans, peaches, whole grain bread, milk	28 Spaghetti with meat sauce, green beans, squash, applesauce, whole grain bread, milk	

If you will not be home to receive your meal please call 540-869-2444 the day before delivery.