

Shenandoah County Senior Center

February Menu

MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Center closed	5 CHICKEN FILET ON WHEAT BUN W/MAYONNAISE SCALLOPED POTATOES PEAS W/MUSHROOMS CANNED APRICOTS MILK, 1%, 8 OZ	6 SAUTEED TORTELLINI W/SPAGHETTI SAUCE GREEN BEANS SAUTEED FRESH YELLOW SQUASH FRUIT COCKTAIL MILK, 1%, 8 OZ WHEAT ROLL	7 TUNA SALAD (WITH CELERY) SANDWICH, on WHOLE WHEAT BREAD CHICKEN NOODLE SOUP FRESH CUKE/TOM SALAD OAT/ RAISIN COOKIE SLICED PEACHES MILK, 1%, 8 OZ	8 SOFT WW BEEF TACOS W/ SHREDDED CHEESE PINTO BEANS CARROTS SLICED APPLES MILK, 1%, 8 OZ
Center closed	12 GRILLED TURKEY CUTLET W/ BROWN RICE GREEN BEANS APPLE SAUCE FRESH FRUIT SALAD MILK, 1%, 8 OZ WHEAT ROLL	13 SLOPPY JOE ON WHOLE WHEAT BUN GREEN PEAS GLAZED CARROTS PEARS MILK, 1%, 8 OZ	14 GRILLED HONEY BBQ PORK LOIN CHARRO PINTO BEANS STEAMED SPINACH PEACHES MILK, 1%, 8 OZ WHEAT ROLL	15 CHILI CON CARNE STEAMED ZUCCHINI APPLE CRISP CORNBREAD SQUARE FRESH ORANGE MILK, 1%, 8 OZ
Center closed	19 PENNE W/ MEAT SAUCE SUGAR SNAP PEAS COOKED CARROTS FRESH FRUIT SALAD MILK, 1%, 8 OZ WHEAT ROLL	20 PIMIENTO CHEESE SANDWICH ON WHEAT BREAD TOMATO SOUP BANANA OATMEAL RAISIN COOKIE, MILK, 1%, 8 OZ	21 MEATLOAF W/ KETCHUP MACARONI & CHEESE GREEN PEAS FRESH ORANGE WHEAT ROLL MILK, 1%, 8 OZ	22 CRISPY CHICKEN TENDERS BROWN RICE STEAMED BROCCOLI PINEAPPLE MILK, 1%, 8 OZ WHEAT ROLL
Center closed	26 MONTREAL COD LOIN SCALLOPED POTATOES STEWED TOMATOES APRICOTS MILK, 1%, 8 OZ WHEAT ROLL	27 MEAT LASAGNA STEAMED SPINACH GREEN BEANS DICED PEARS MILK, 1%, 8 OZ WHEAT ROLL	28 ROASTED TURKEY BREAST W/ GRAVY HOMESTYLE BREAD, /SAGE DRESSING SUGAR SNAP PEAS FRESH BANANA TAPIOCA PUDDING MILK, 1%, 8 OZ WHEAT ROLL	