



February 2016 Congregate Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheeseburger Whole Wheat Roll Macaroni Salad Lettuce and Tomatoes Peaches	2 Baked Ham Macaroni and Cheese Peas Whole Wheat Roll Strawberries	3 Grilled Cheese Whole Wheat Bread Celery Sticks Tomato Soup Vanilla Pudding	4 Penne Pasta Meatballs Green Beans Italian Bread Mixed Fruit	5 Whole Grain Pizza Toppings Tossed Salad Dressing Cookie
8 Chicken Patty Melt Whole Wheat Bun Lettuce and Tomatoes Pickles Pear	9 Meatloaf Mashed Potatoes Diced Carrots Whole Wheat Roll Sliced Peaches	10 Chicken Salad Sandwich Whole Wheat Roll Potato Chips Lettuce and Tomatoes Fruit Jell-O	11 Baked Rigatoni Meat Sauce Tossed Salad Parmesan Cheese Whole Wheat Roll Cookie	12 Fish Sandwich Whole Wheat Roll Lettuce and Tomatoes Cole Slaw Orange
15 President's Day 	16 Chicken Pot Pie Gravy Mashed Potatoes Cranberry Sauce Whole Wheat Roll Vanilla Pudding	17 Turkey Club Whole Wheat Roll Up Lettuce and Tomatoes Chicken Noodle Soup Mixed Fruit	18 Stuffed Shells Ricotta Cheese Caesar Salad Whole Wheat Dinner Roll Grapes	19 Tuna Sub Whole Wheat Roll Lettuce and Tomatoes Potato Salad Pickles Pineapple
22 Hot Dog Whole Wheat Roll Baked Beans Tossed Salad Mixed Fruit	23 Salisbury Steak Gravy Mashed Potatoes Whole Wheat Roll Orange	24 Egg Salad Sandwich Whole Wheat Roll Lettuce and Tomatoes Potato Chips Apple Sauce	25 Ham and Swiss Melt Whole Wheat Roll Lettuce and Tomatoes Potato Salad Peaches	26 Whole Grain Pizza Toppings Tossed Salad Dressing Cookie
29 Meatball Sub Whole Wheat Roll Mozzarella Cheese Tossed Salad Apple				

*Don't forget, we need members to sign up for lunch one week in advance. All member with reservations are served first, followed by anyone who may be a stand by. Lunch is served from 11:30- 12:00 and the cost is **\$3.00 per person, per meal.***