

February 2010 Menu

*Menu items are subject to change due to availability of food items

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 st Swedish Meatballs Capri Blended Vegetables Broccoli Whole Wheat Roll Fresh Fruit Chef's Special: Lasagna	2 nd Roast Pork Loin Sweet Potatoes Green Beans Whole Wheat Roll Apple Sauce Chef's Special: Chef's Choice With Cookie	3 rd Creamy Chicken & Vegetables Over Biscuits California Blended Vegetables Sweet Corn Tropical Fruit Salad Soup Du Jour	4 th Spinach & Mushroom Quiche Roasted Tomato Brussels Sprouts Whole Wheat Roll Apricots Chef's Special: Chef's Salad Plate	5 th Baked Tilapia Filet Broccoli Peas & Carrots Whole Wheat Roll Pineapple Upside Down Cake Chef's Special: Breakfast Bar
8 th Chicken & Bowtie Pasta Alfredo Spinach Italian Blended Vegetables Whole Wheat Roll Sliced Pears Chef's Special: Stuffed Bell Peppers	9 th Baked Ham Scalloped Potatoes Green Beans Whole Wheat Roll Fresh Fruit Chef's Special: Chef's Choice with Ice Cream	10 th Turkey Ala King Over Steamed Rice Winter Blended Vegetables Whole Wheat Roll Cherry Cobbler Soup Du Jour	11 th Salisbury Steak O'Brian Potatoes w/ Red Peppers Baby Carrots Whole Wheat Roll Fruit Cocktail Chef's Special: Tuna Salad Plate	12 th Valentine's Day Celebration Chicken Cordon Bleu Vegetable Rice Pilaf Island Blended Vegetables Dinner Roll Crème Puffs
15 th President's Day Centers Closed	16 th Pork Chopette Four Way Blended Vegetables Mashed Potatoes Whole Wheat Roll Apricots Chef's Special: Chef's Choice with Cookie	17 th Seafood Salad Plate Pickled Beets Potato Salad Whole Wheat Roll Tropical Fruit Salad Soup Du Jour	18 th Ground Beef Goulash Italian Blended Vegetables Brussels Sprouts Whole Wheat Roll Apple Oatmeal Cobbler Chef's Special: Strawberry Patch Spinach Salad	19 th Baked Chicken Breast Mashed Potatoes Capri Blended Vegetables Whole Wheat Roll Fresh Fruit Chef's Special: Cheese Pizza & Salad Bar
22 nd Birthday Celebration Swiss Steak Mashed Potatoes Scandinavian Blended Vegetables Whole Wheat Roll Birthday Cake	23 rd Veal Marsala Vegetable Rice Pilaf Sliced Carrots Whole Wheat Roll Peach Cobbler Chef's Special: Chef's Choice with Ice Cream	24 th Lemon Pepper Chicken Malibu Blended Vegetables Scalloped Potatoes Whole Wheat Roll Fresh Fruit Soup Du Jour	25 th Oven Roasted Open Faced Turkey Sweet Potato Mash Mixed Vegetables Whole Wheat Bread Apple Sauce Chef's Special: Seafood Salad Plate	26 th Sloppy Joes Baked Beans Peas & Carrots Whole Wheat Bun Ambrosia Chef's Special: Fish & Chips

East Valley Adult Resources, Inc. is funded in part by Area Agency on Aging Region One and Pinal/Gila Council for Senior Citizens