

SYLVANIA SENIOR CENTER LUNCH MENU

FEBRUARY 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

February is National Heart Month

- Heart disease is the number one killer in the United States.
- Heart disease and stroke can be easily prevented through diet and exercise.
- Some examples of heart healthy foods are: Salmon, Walnuts, Oatmeal, and Spinach.
- It is recommended to get at least 150 minutes of moderate exercise per week which can be broken down to 30 minutes a day five times a week.

Adapted from eatright.org and The American Heart Association

Food Allergy Reference List Available @ 419-382-5791

A: Oven Fried Chicken ¹
 B: Ham & White Beans
 Whipped Sweet Potatoes
 Mixed Vegetables
 Multi Grain Bread
 Fresh Fruit
 Milk | Margarine

A: Beef Fiesta Macaroni ²
 B: Chilaquiles Casserole
 Spinach
 Stewed Tomatoes
 Wheat Roll
 Apple Crisp/Hot Apples
 Milk | Margarine

A: Lemon Pepper Chicken ⁵
 B: Teriyaki Meatballs
 Parslied Potatoes
 Brussels Sprouts
 Wheat Bread
 Fresh Fruit
 Milk | Margarine

A: Cranberry Dijon Chicken ⁶
 B: Calypso Pork
 Au Gratin Rotini
 Mixed Vegetables
 Wheat Bread
 Fruit Cocktail
 Milk | Margarine

A: Beef Chili ⁷
 B: BBQ Chicken Breast
 Baked Potato
 Green Peas
 Breadstick
 Pears
 Milk | Margarine

A: Sliced Turkey w/Gravy ⁸
 B: Salisbury Patty w/Pepper Gravy
 Country Potatoes
 Capri Vegetables
 Wheat Roll
 Fruited Gelatin/Diet Gelatin
 Milk | Margarine

A: Beef & Bowtie Casserole ⁹
 B: Pasta Primavera
 Green Beans & Red Peppers
 Sliced Carrots
 Garlic Texas Bread
 Birthday Cake
 Milk | Margarine

A: Meatballs in Sauce ¹²
 B: Chicken Parmesan
 Spaghetti Noodles with Sauce
 Summer Vegetables
 Wheat Roll
 Pears
 Milk | Margarine

A: Taco Beef ¹³
 B: Taco Chicken
 Lettuce/Tomato/Cheese
 Mexican Rice
 Refried Beans
 Flour Tortilla
 Fresh Fruit
 Milk|Taco Sauce|Sour Cream

ASH WEDNESDAY MEAL ¹⁴
 A: Macaroni & Cheese
 B: Beef Italian Macaroni
 Green Beans
 Parslied Carrots
 Garlic Texas Bread
 Fresh Fruit
 Milk | Margarine

VALENTINE'S DAY MEAL ¹⁵
 A: Meatloaf
 B: Garlic Rosemary Chicken
 Rosemary Potatoes
 Broccoli & Carrots
 Garlic Breadstick
 Black Forest Cake/Diet Cake
 Milk | Margarine

A: Ham & White Beans ¹⁶
 B: Vegetable Bean Stew
 Tomato Spoon Relish
 Garden Vegetables
 Dinner Roll
 Cranapple Crisp/Hot Apple Slices
 Milk | Margarine

CLOSED ¹⁹

A: Ham Broccoli Rice Casserole ²⁰
 B: Savory Beef Patty
 Cabbage
 Zucchini & Tomatoes
 Multi Grain Bread
 Pineapple Tidbits
 Milk | Margarine

A: Creole Chicken ²¹
 B: Sliced Turkey w/Gravy
 Macaroni & Cheese
 Italian Vegetables
 Wheat Bread
 Fruited Gelatin/Diet Gelatin
 Milk | Margarine

A: Glazed Ham ²²
 B: Chicken w/Chicken Gravy
 Succotash
 Glazed Carrots
 Cornbread
 Fresh Fruit
 Milk | Margarine

A: Beef Spaghetti Casserole ²³
 B: Spinach Lasagna
 Green Peas
 Texas Bread
 Peach Crisp/Hot Peaches
 Milk | Margarine

A: Sausage w/Onions & Peppers ²⁶
 B: Chicken Breast
 Brown Rice
 Spring Vegetables
 Hot Dog Bun/Hamburger Bun
 Fresh Fruit
 Milk

A: Cranberry Dijon Chicken ²⁷
 B: Creole Beef Patty
 Baked Sweet Potato
 Broccoli
 Wheat Bread
 Pears
 Milk | Margarine

A: Roast Beef w/Gravy ²⁸
 B: Creamy Paprika Chicken
 Whipped Potatoes
 Orange Carrots
 Wheat Bread
 Fresh Fruit
 Milk | Margarine