


# OGDEN SENIOR CENTER

## NUTRITIONAL MENU

### February-17

<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<p><i>UPDATED 1/17/17</i></p>	<p><b>Black History Month</b>            BBQ Chicken 1/4            Coleslaw            Lima Beans            Wheat Bread            Peaches</p>	<p><b>Super Bowl Party</b>            Mild Chili w/Oyster Crackers <i>or</i> Pizza            Tossed Lettuce Salad w/Fr. Dressing            Apple Juice            Sherbert</p>
<b>6</b>	<b>8</b>	<b>10</b>
<p>Macaroni &amp; Cheese            Stewed Tomatoes            Green Beans            Wheat Bread            Pineapple</p>	<p>Stuffed Cabbage w/Sauce            Steamed Potatoes            Carrots            Rye Bread            Fresh Apple</p>	<p>Chicken Cordon Bleu            Mashed Potatoes w/Gravy            Broccoli            Corn Muffin            Peach Pie</p>
<b>13</b>	<b>15</b>	<b>17</b>
<p>Sloppy Joes on Bun            Chicken Vegetable Soup            Tuscany Blend Vegetables            Apricots</p>	<p>Braised Pork Chop w/Gravy            Corn Chowder            Mashed Potatoes            Marble Rye Bread            Mandarine Oranges</p>	<p>Ground Beef Tacos w/Cheese,            Lettuce, Salsa, Tomatoes, Sour Cream            Southwestern Chicken Soup            Soft Flour Tortillas            Applesauce</p>
<b>20</b>	<b>22</b>	<b>24</b>
<p><b>ABVI CLOSED</b>  <b>No</b>  <b>Meals</b>  <b>Served</b>  <b>(Presidents Day)</b></p>	<p>Individual Meat Loaf w/Vegetable Gravy            Au Gratin Potatoes            Broccoli            Rye Bread            Petite Banana    <b>25 cupcakes</b></p>	<p>Italian Sausage Pasta &amp; Sauce            Tossed Lettuce Salad w/Italian Dressing            Italian Blend Vegetables            Italian Bread            Pears</p>
<b>27</b>		<p><i>All meals served with milk,            bread, and margarine.            Soup served            with crackers.</i></p>
<p>Goulash w/Ground Beef            Spinach Lentil Soup            Brussel Sprouts            Rye Bread            Fruit Cocktail</p>		

Monroe County Dept of HS/Office for the Aging

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