


OGDEN SENIOR CENTER NUTRITIONAL MENU February-18

MONDAY	WEDNESDAY	FRIDAY 2
	<p>All meals served with milk, bread, and butter. Soup served with crackers.</p>	<p><u>Super Bowl Party</u> Mild Chili or Pizza Tossed Salad w/French Dressing Apple Juice Sherbet</p>
5 Chicken ala King over Warm Biscuit Pea & Cheese Salad Brussel Sprouts Fruit Cocktail	7 Stuffed Cabbage w/Sauce Steamed Potatoes Carrots Rye Bread Fresh Apple	9 BBQ 1/4 Chicken Navy Bean Soup Coleslaw Wheat Bread Fruited Gelatin w/Whipped Topping
12 Sloppy Joe on Bun Tuscany Blend Vegetables Cauliflower Apricots	14 <u>Ash Wednesday</u> Seafood Stuffed Sole <i>or</i> Steak Diane Malibu Blend Vegetables Baked Potato Dinner Roll Double Chocolate Cookie	16 Broccoli & Cheese Topped Baked Potato Lentil & Black Bean Soup 12-Grain Bread Pears
19 <u>Martin Luther King Birthday</u> ABVI CLOSED NO MEALS SERVED	21 Ind. Meat Loaf w/Vegetable Gravy Au Gratin Potatoes Broccoli Rye Bread Petite Banana	23 Breaded Haddock w/Tartar Sauce Coleslaw w/o Pineapple Mixed Vegetables Wheat Bread Peaches
26 Goulash w/Ground Beef Turkey Vegetable Soup Brussel Sprouts Rye Bread Fruit Cocktail	28 BBQ Pulled Pork on Bun California Blend Vegetables Corn Apricots 32 cupcakes	

Monroe County Dept of HS/Office for the Aging

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions U.S. Administration of Aging, N.Y. State Office for the Aging, N.Y. State Dept. of Health, and Monroe County Dept. of HS/Office for the Aging.