


OGDEN SENIOR CENTER NUTRITIONAL MENU February-19

<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
<p>All meals served with milk, bread, and butter. Soup served with crackers.</p>		<p>1</p>
<p>4</p> <p>Macaroni & Cheese Stewed Tomatoes Green Beans White Bread Pineapple</p>	<p>6</p> <p>Tuna Salad Sandwich on Wheat Thinwich w/Lettuce & Tomato Cabbage Beef Soup Fruit Cocktail</p>	<p>8</p> <p>BBQ Pulled Pork over Baked Potato Corn Wheat Bread Mandarin Oranges</p>
<p>11</p> <p>Mild Chili Tossed Salad w/Ranch Dressing Green Beans Corn Muffin Peaches</p>	<p>13</p> <p>Chicken ala King over Warm Biscuit Carrots Brussel Sprouts Apricots</p>	<p>15</p> <p>Breaded Haddock w/Tartar Sauce Coleslaw Green Beans Wheat Bread Pears</p>
<p>18</p> <p style="text-align: center;">PRESIDENTS' DAY</p> <p style="text-align: center;">ABVI Closed No Meals Served</p>	<p>20</p> <p>Stuffed Cabbage with Sauce Mashed Potatoes Mashed Winter Squash Pumpnickel Bread Fresh Apple</p> <p style="text-align: center;">32 cupcakes</p>	<p>22</p> <p>Beef Stew over Biscuit Tossed Lettuce Salad w/French Dressing Corn Mandarin Oranges</p>
<p>25</p> <p>Chicken Cordon Bleu Mashed Potatoes & Gravy Broccoli Wheat Bread Fruit Cocktail</p>	<p>27</p> <p>Braised Pork Chop with Gravy Warm Applesauce Scalloped Potatoes Brussel Sprouts Rye Bread Oatmeal Raisen Cookie</p>	

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.