

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		February 14, 2018 	1 CENTER CLOSED FOR RENOVATION	2 CENTER CLOSED FOR RENOVATION
5 CENTER CLOSED FOR RENOVATION	6 CENTER CLOSED FOR RENOVATION	7 Salisbury Beef with Gravy & Onions ~ Whipped Potatoes Broccoli Dinner Roll Strawberry Fruited Gelatin Milk	8 Sweet and Sour Meatballs Fried Rice Chinese Cabbage Dinner Roll Fresh Orange Milk	9 Black History Month Holiday Oven Fried Chicken Black-eyed Peas Mixed Greens Cornbread Muffin Peach Cobbler Milk, Margarine
12 Creole Beef ~ Ranch Potatoes Braised Carrots Wheat Bread Fresh Apple Milk	13 Sliced Turkey Breast with Gravy Mashed Spiced Yams Italian Green Beans Dinner Roll Lemon Pudding Milk	14 Valentine's Day Holiday Meal Baked Chicken Thigh with Mushroom Wine Sauce Buttermilk Potatoes Brussels Sprouts with Lemon Sauce, Dinner Roll, Chocolate Cake w/Strawberry Frosting	15 Mexican Chicken Chili Rice Turnip Greens Saltine Crackers Oatmeal Creme Cookie Milk	16 Chinese New Year Holiday Meal Pork Stir Fry * Almond Rice Roasted Sesame Broccoli Dinner Roll Pineapple Upside Down
19 Chicken Alfredo Penne Pasta with Parsley Italian Green Beans Dinner Roll Fig Bar Milk	20 Beef Taco Meat and Cheese Cilantro Lime Rice Black Beans and Corn Flour Tortilla Sugar Cookie Milk	21 Oven Fried Chicken Thigh Broccoli and Rice Casserole Country Tomatoes Dinner Roll Fresh Banana Milk	22 Meatloaf with Tomato Gravy ~ Delmonico Potatoes Braised Carrots Dinner Roll Lemon Fruited Gelatin Milk	23 Hamburger Patty ~ Sliced Cheese Lettuce, Tomato and Onion Potato Wedges Hamburger Bun Apple Crisp Milk, Mustard and Ketchup
26 Chicken Fajita Meat Fiesta Rice Refried Beans Flour Tortilla Fudge Creme Cookie Milk	27 Smoked Sausage * Baked Beans Cabbage Hot Dog Bun Strawberry Swirl Pudding Milk	28 Swiss Steak ~ Garlic Whipped Potatoes Ratatouille Wheat Bread Fresh Banana Milk		

NUTRITION INFORMATION: Proper nutrition and hydration are key elements that can possibly prevent hospitalizations or even placement in long-term care facilities. Our menus are designed to meet a minimum of 1/3 daily nutritional requirements for older adults as required by the state of Texas. This equates to 3 ounces of protein, 2-3 servings of fruits and vegetables, 1 serving of grain, and 1 serving of milk. For more nutritional information, please visit our resource page.

