

# Healy Senior Center Lunch Menu for January 2019

<b>Monday</b>	<b>Wednesday</b>	<b>Thursday</b>
	<p>2. Black Eyed Peas &amp; Ham Greens Cornbread Bread Pudding</p>	<p>3. Pork &amp; Sauerkraut Potato Cheese Pierogi Salad Fruit</p>
<p>7. Turkey Tetrazini Noodles Broccoli Salad Ice Cream</p>	<p>9. Moroccan Chicken Cous Cous Pilaf Rose Custard Sauce on Rice Pudding</p> <div style="text-align: right; margin-right: 20px;">  </div> <p style="text-align: center; color: purple;"><b>Birthday Luncheon</b></p>	<p>10. Barley Mushroom Soup Chicken Apple Salad on Greens Smoothie Brownie</p>
<p>14. Shedded Beef Enchilada Casserole Pinto Beans Slaw Sherbet</p>	<p>16. 4 Cheese Mac &amp; Cheese Casserole Peas Green Salad Cookies</p>	<p>17. Chili Stuffed Baked Potato Carrot Raisin Salad Fruit</p>
<p>21. Fried Chicken-<i>His Favorite!</i> Greens Candied Yams Pecan Pie</p> <p style="color: blue; font-weight: bold; margin-top: 10px;"><b>Martin Luther King Day</b></p>	<p>23. Split Pea &amp; Ham Soup Grilled Cheese Sandwich Broccoli Salad Cookie</p>	<p>24. Shepards Pie Roasted Root Vegetables Cucumber Salad Fruit Crumble</p>
<p>28. Apple Stuffed Pork Chops Beet Rissoto with Walnuts Custard</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>30. Baked Local Cod Amandine Rice Sauted Spinach Pudding</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>31. Creamy Turkey Mushroom Lasagna Seasonal Vegetable Italian Pizzles with Ice Cream</p>

All meals prepared fresh with no added salt in our certified kitchen by our excellent cooks.

**Lunch is served at 12:30 p.m. at 456 Briceland Rd., Redway**



Please make your lunch reservation by 10:00 a.m. or  
up to a week in advance 923-2399

**Suggested Donations for Seniors: \$6.00**

**Cost per meal under 60 years: \$8.00**

**Cost per Frozen Meal: \$5.00**

## Healy Senior Center Lunch Menu for February 2019

<b>Monday</b>	<b>Wednesday</b>	<b>Thursday</b>
4. Fish Tacos  Coleslaw Roasted Spuds Fruit Cup	6. Ham Potato Gratin Broccoli Salad Apple Cheesecake Bars	7. Chili Releno Casserole Rice Jicama Salad Flan
11. Chicken Parmesan Spaghetti Seasonal Vegetable Antipasto Salad Fruit Cup	13. Chicken Stir Fry Rice Citrus Cup Birthday Cake <b style="color: purple;">Birthday Luncheon</b>	14. <b style="color: red;">Valentine's Day</b> Beef Tips  Baked Potato Broccoli Sweetheart Dessert
18. Patty Melt Oven Fries Waldorf Salad Chocolate Malts	20. Ham & Turkey Croquettes Creamy Potato Fennel Casserole Cinnamon Baked Apple	21. Venison Stew* Salad Pudding
25. Chicken Fried Steak Hashbrowns Greens Fruit Cup	27. Clam Chowder* Biscuits Mini Chef Salad Dessert	28. Chicken Fajitas Rice Broccoli Salad Cookies

\* Foods with high allergy potential and those that are specialty items will have substitutions available. If you wish a substitution or are on a special diet, please call us at 923-2399 and we will make every attempt to accommodate you.



A Big Thank You to all our generous donors who supply us with many of our necessary ingredients. Thanks to:

Also, a very special Thanks to our two prep cooks, \_\_\_\_\_ without whose hard work these delicious meals would never be possible!

All meals prepared fresh with no added salt in our certified kitchen by our excellent cooks.

**Lunch is served at 12:30 p.m. at 456 Briceland Rd., Redway**

Please make your lunch reservation by 10:00 a.m. or  
up to a week in advance 923-2399

**Suggested Donations for Seniors: \$6.00**

**Cost per meal under 60 yr: \$8.00**

**Cost per Frozen Meal: \$5.00**