

Family Service Senior Nutrition February 1-29, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 1-Feb thru 3-Feb			Beef Fajita's Zucchini Pinto Beans Tropical Fruit Tortilla	Grilled Chicken Broccoli Mashed Potatoes Orange Wheat Bread	Turkey Patty w/gravy Mixed Vegetables Boiled Potatoes Pineapple Tidbits Wheat Bread
Week 2 6-Feb thru 10-Feb	Chicken Patty w/ gravy Carrots & Cauliflower Garden Rice Apricots	Beef Tips w/mushrooms gravy Brussels Sprouts Garlic Mashed Potatoes Rosy Pears Wheat bred	Meat Balls w/gravy** Green Salad Spinach Wheat Noodles Diced Peaches	Pork Chop w/gravy Peas & Carrots Red Potatoes Applesauce Wheat Bread	Salisbury Steak w/gravy Mixed Vegetables Mashed Potatoes Fruit Cocktail Wheat Bread
Week 3 13-Feb thru 17-Feb	Pepper Steak Broccoli Rice Pilaf Diced Peaches	Cranberry Orange Chicken Capri vegetables Brown rice Rosy Pears Cookie Wheat Bread	Pot Roast w/gravy Spinach Wheat Pasta Orange	Chicken Taco Salad Pinto Beans Carrots Tropical Fruit Tortilla	Vegetarian Lasagna** Green Salad Pineapple Tidbits Wheat Bread
Week 4 20-Feb thru 24-Feb	Presidents Day Observance Center Closed	BBQ Pork Riblet Carrots Red Potatoes Tropical Fruit Wheat Bread	Tuna Casserole Broccoli Banana	Grilled Chicken w/gravy Yams Peas Jell-o w/fruit Wheat Bread	Beef Stew Green Beans Brown Rice Salad Diced Peaches Wheat Bread
Week 5 27-Feb thru 29-Feb	Chicken a la King Broccoli Rice Diced Pears Biscuit	Beef Fajitas Zucchini Pinto Beans Orange Tortilla	Hot Turkey Sandwich** Lima Beans Cornbread Dressing Salad Fruit Cocktail Wheat Bread		

Milk 2 o/o served with every meal
Meals subject to change due to availability of food products.
Senior Nutrition Program Main Office (951) 342-3057

Banning 951-849-1920*
Cabazon 951-922-1097
Callimesa 909-446-1071*
Highgrove 951-341-6634
Mead Valley 951-657-0686
Moreno Valley 951-657-0686*
Perris 951-943-4190

San Jacinto 951-654-2054*
Hemet 951-654-2054 call for reservation
Sun City 951-679-0119*
Desert Hot Springs 760-329-0222ex 215*

High Sodium Days**
Gravy Optional at * Sites

Funding for this service has been provided by the Riverside County of Aging Department of Aging by a grant award from the California Department of Aging.