

# ST. CHARLES AREA AGENCY ON AGING • FEBRUARY 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 <p><b>VALENTINE'S DAY, THURSDAY, FEB. 14</b></p>				<p>All Meals are Served With 1/2 Pint of 2% Milk.</p>		<p><b>GROUNDHOG DAY</b></p>  <p>SATURDAY, FEB. 2</p>		<p>Meatloaf w/Gravy Mashed Potatoes Southern Green Beans Whole Wheat Bread Pudding Cup</p>	
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<p><b>Meatball Hoagie</b> w/Creole Sauce Lima Beans Capri Blend Vegetables Applesauce</p> <p style="text-align: right;">4</p>	<p><b>Red Beans &amp; Sausage</b> w/Brown Rice Garden Salad w/Dressing Seasoned Turnip Greens Cornbread LD Chocolate Chip Creme Pie</p> <p style="text-align: right;">5</p>	<p><b><u>BREAKFAST SPECIAL</u></b> <b>Brkfst Sausage or Ham</b> Grits / Biscuit Jelly / Margarine Strawberry-Kiwi Juice Escaloped Apples Fruit &amp; Grain Bar</p> <p style="text-align: right;">6</p>	<p><b>Hamburger</b> on a Bun Lettuce/Tomato/Pickle Mayonnaise/Mustard Potato Salad Fresh Fruit Chocolate Milk</p> <p style="text-align: right;">7</p>	<p><b><u>SPECIAL BY RESERVE</u></b> <b>BBQ Bone-In Chicken</b> Au Gratin Potatoes Southern Green Beans Whole Wheat Bread Fresh Orange Margarine</p> <p style="text-align: right;">8</p>					
<p><b>Chicken &amp; Sausage</b> <b>Jambalaya</b> Buttered Cabbage Carrots White Dinner Roll LD Oatmeal Cookie Margarine</p> <p style="text-align: right;">11</p>	<p><b>Country Beef Vegetable</b> <b>Stew w/Brown Rice</b> Chuckwagon Corn Whole Wheat Bread Fruit Punch Margarine</p> <p style="text-align: right;">12</p>	<p><b><u>BIRTHDAY SPECIAL</u></b> <b>Chicken &amp; Sausage</b> <b>Gumbo w/Rice</b> Okra &amp; Tomatoes Potato Salad Whole Wheat Crackers Bday Cake/Ice Cream</p> <p style="text-align: right;">13</p>	<p><b>A-1 Chopped Steak</b> w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Variety Moon Pie</p> <p style="text-align: right;">14</p>	<p><b>Tuna Salad Sandwich</b> on Whole Wheat Bread Potato Chowder Winter Blend Vegetables Peach Crisp</p> <p style="text-align: right;">15</p>					
<p><b>Beef Chili w/Beans</b> Steamed Spinach Chuckwagon Corn Saltine Crackers Fruit Cup Margarine</p> <p style="text-align: right;">18</p>	<p><b>Turkey &amp; Cheese</b> <b>Sandwich</b> on Whole Wheat Bread Lettuce / Tomato Mayonnaise / Mustard Beet &amp; Mandarin Salad Fresh Banana</p> <p style="text-align: right;">19</p>	<p><b>Ham w/White Beans</b> <b>&amp; Rice</b> Carrots Coleslaw Cornbread Fruit &amp; Grain Bar</p> <p style="text-align: right;">20</p>	<p><b>Spaghetti</b> w/Meat Sauce Garden Salad w/Italian Italian Blend Vegetables White Dinner Roll Apple Cobbler</p> <p style="text-align: right;">21</p>	<p><b>Chicken Salad</b> Homemade Vegetable Soup Broccoli Saltine Crackers Peanut Butter Bar</p> <p style="text-align: right;">22</p>					
<p><b>Sliced Roasted Turkey</b> w/Gravy Smothered Potatoes Glazed Carrots Whole Wheat Bread Fresh Orange Margarine</p> <p style="text-align: right;">25</p>	<p><b>Hamburger w/Cheese</b> on a Bun Lettuce/Tomato/Onion Baked Beans Peach Cobbler Chocolate Milk</p> <p style="text-align: right;">26</p>	<p><b>Ham &amp; Blackeyed</b> <b>Peas w/Rice</b> Coleslaw Steamed Spinach Cornbread Fresh Banana</p> <p style="text-align: right;">27</p>	<p><b>Smothered Chicken w/</b> <b>Pepper &amp; Onion Gvy</b> Candied Sweet Potatoes Green Peas Garlic Bread Peach Cobbler</p> <p style="text-align: right;">28</p>	<p><b>Your Contributions are</b> <b>Greatly Appreciated.</b></p> <p><b>Please Help Your</b> <b>Council on Aging</b> <b>Help Others.</b></p>					