

**SENIOR DAY HEALTH CENTER  
MONTHLY MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BBQ Chicken Baked Beans Apple/ Raisin Salad  SF Apricot Parfait
4 Baked Ham/ Peach Sauce Sweet Potatoes/ Squash Brussel Sprouts  SF Apple Cobbler	5 <b>"MARDI GRAS"</b> Shrimp Creole Dirty Rice Zucchini saute'  SF King Cake	6 Grilled Cheese/ Turkey Sandwich Tomato Soup Mixed Greens + Avocado+ Beans Salad Melon Cubes	7 <b>" Chinese New Year"</b> Stir fry chicken/ veggies Brown Rice Oriental Peanut Slaw/ Pea Pods SF Coconut Cookies	8 Meat balls + Spaghetti Spinach Salad Fruit cocktail  SF Berry Pie
11 Beef Ravioli Beet/ Tomato/ Blue Cheese Salad Cheese Bread Sticks  SF chocolate Cupcakes	12 Herb Roast Chicken Mixed Vegetables (Broccoli) Au Gratin Potatoes Blueberry/ Raspberry Cream Delight	13 Soft Beef Taco w/ Beans Tomato+ Avocado Salad Tropical Fruit  SF Lemon Cake	14 Baked Salmon Cabbage/ Pineapple Slaw Herb Roast Potatoes  SF Cut-Out Decorated Cookies	15 Sliced Roast Turkey w/ Gravy Apple Stuffing Broccoli Cheese Sauce  SF Ice Cream Sundae
18  <b>HOLIDAY SDHC IS CLOSED</b>	19 Tuna casserole Buttered Carrots/ Peas Corn Muffin  Banana pudding SF Banana pudding	20 Minestrone Soup (Beans) 1/2 Egg Salad Sandwich Potato salad  Strawberry Fluff	21 Veggie Lasagna Spinach Salad w/ Orange+ Grapes Cheese Straws  SF Flag Cupcakes	22 Cheese +Veggies Pizza Sauteed green beans Mixes Greens Avocado Salad  Mixed Melons
25 Chicken Fettuccini Alfredo Mixed Squash+ Pepper Saute' Waldorf Salad  SF Banana Cream Pie	26 Tamale Pie Mixed Green Salad  SF Pound cake w/ Apricots	27 Chicken Soup Macaroni & Cheese Cooked Green Beans  Ice cream w/ Kiwi SF Ice cream w/Kiwi	28 Shrimp Salad Sandwich Tomato Mozzarella w/ Vinegarette Carrot+ Raisin Salad  SF surprise dessert	