

Cuba & Bourbon Senior Centers

Monthly Menu



February 2021

Mon	Tue	Wed	Thu	Fri
1 Hot Ham & Cheese Sandwich Vegetable Soup Mixed Fruit Dessert	2 Chicken & Noodles Carrots Green Beans Oranges Dessert	3 Tater Tot Casserole Peas Cauliflower Fruit Cocktail Dessert	4 Pulled Pork Sandwich Cheesy Potato Casserole Mixed Vegetables Applesauce Dessert	5 Battered Cod Coleslaw French fries Peaches Dessert
8 Hamburger Steak w/Mushroom Gravy Mashed Potatoes Carrots Peaches Dessert	9 Beef & Noodles Green Beans Tuscan Vegetables Fruit Cocktail Dessert	10 Chinese New year Chicken Vegetable Stir Fry Whole Grain Fried Rice Egg Rolls Sugar Snap Peas Pineapple Fortune Cookie	11 Pork Roast w/Dressing Mashed Potatoes Roasted Vegetables Baked Apples Dessert	12 Valentine's Day Meal Lasagna Tossed Salad Corn Breadsticks Strawberry Cobbler
15 Stuffed Green Peppers California Blend Sweet Potato Fries Applesauce Dessert	16 Roast Beef/Gravy Mashed Potatoes Carrots Pears Hot Roll Dessert	17 Ham & Beans Spinach Fried Potatoes with Onions Spiced Apples Cornbread Dessert	18 BBQ Chicken Baked Beans Potato Salad Fruited Jello Dessert	19 Tuna Melt Soup Baked Peaches Dessert
22 Polish Sausage Sauerkraut Mashed Potatoes Ambrosia Fruit Salad Dessert	23 Spaghetti & Meatballs Caesar Salad Blueberry Fluff Garlic Bread Dessert	24 Country Fried Steak Gravy Mashed Potatoes Green Beans Fruited Jello Dessert	25 Tacos Lettuce/Tomatoes/ Cheese Refried Beans Pears Dessert	26 Salmon Patty Mac & Cheese Stewed Tomatoes Pineapple Dessert

Soups and gravies are not low sodium items.