

# Sayers Senior Center

## Monthly Menu



February 2021

Mon	Tue	Wed	Thu	Fri
<b>1</b> Hot Ham & Cheese Sandwich Vegetable Soup Mixed Fruit	<b>2</b> Chicken & Noodles Carrots Green Beans Oranges	<b>3</b> Tater Tot Casserole Peas Cauliflower Fruit Cocktail	<b>4</b> Pulled Pork Sandwich Cheesy Potato Casserole Mixed Vegetables Applesauce	<b>5</b> Battered Cod Coleslaw French fries Peaches
<b>8</b> Hamburger Steak w/Mushroom Gravy Mashed Potatoes Carrots Peaches	<b>9</b> Beef & Noodles Green Beans Tuscan Vegetables Fruit Cocktail	<b>10</b> Baked Chicken Grilled Mushrooms And Onions Garlic Herb Potatoes Fruited Jello	<b>11</b> Garlic Butter Pork Chops AuGratin Potatoes Roasted Vegetables Baked Apples	<b>12 Valentine's Dinner</b> Chicken Fettucini Alfredo Steamed Broccoli Grapes Breadsticks
<b>15</b> Stuffed Green Peppers California Blend Sweet Potato Fries Applesauce	<b>16 Brunch</b> Sausage, Egg, Cheese Breakfast Skillet Grilled Peppers Cubed Potatoes Fruit Crisp Biscuit & Gravy	<b>17</b> Ham & Beans Spinach Fried Potatoes with Onions Spiced Apples Cornbread	<b>18</b> BBQ Chicken Baked Beans Potato Salad Fruited Jello	<b>19</b> Tuna Melt Tomato Soup Baked Peaches
<b>22</b> Polish Sausage Sauerkraut Mashed Potatoes Ambrosia Fruit Salad	<b>23</b> Spaghetti & Meatballs Caesar Salad Blueberry Fluff Garlic Bread	<b>24</b> Country Fried Steak Gravy Mashed Potatoes Green Beans Fruited Jello	<b>25</b> Tacos Lettuce/Tomatoes/ Cheese Refried Beans Pears	<b>26</b> Salmon Patty Mac & Cheese Stewed Tomatoes Pineapple