
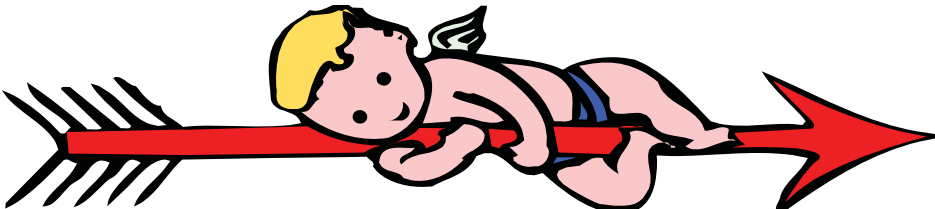


ST. CHARLES AREA AGENCY ON AGING • FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sliced Roasted Turkey w/Gravy Mashed Potatoes Glazed Carrots Whole Wheat Bread Margarine Fresh Apple 3	Hamburger/Amer Chs on a Bun Lettuce/Tomato/Onion Baked Beans Ketchup/Mustard Peach Cobbler Chocolate Milk 4	Ham & Blackeyed Peas w/Rice Coleslaw Steamed Spinach Cornbread Margarine Fresh Banana 5	Smothered Chicken Breast Candied Sweet Potatoes Green Peas w/Peppers Whole Wheat Bread Margarine Fruit & Grain Bar 6	Tuna Salad Sandwich on Whole Wheat Bread Potato Chowder Winter Blend Vegetables Pineapple 7
Meatball Hoogie w/Creole Sauce Lima Beans Capri Blend Vegetables Applesauce 10	Red Beans & Sausage w/Brown Rice Garden Salad w/Dressing Seasoned Turnip Greens Cornbread / Margarine LD Choc Chip Crm Pi&1	Chicken Fettuccine Zucchini w/Red Peppers Glazed Carrots Whole Wheat Bread Margarine Fruit Punch 12	<u>BREAKFAST SPECIAL</u> Breakfast Sausage or Sliced Ham Grits/Escaloped Apples Strawberry Kiwi Juice Biscuit/Jelly/Margarine Fruit & Grain Bar 13	Meatloaf w/Gravy Mashed Potatoes Southern Green Beans Whole Wheat Bread Pudding Cup 14
Chicken & Sausage Jambalaya Buttered Cabbage Carrots White Dinner Roll Margarine LD Oatmeal Cookie17	Country Vegetable Beef Stew Brown Rice Chuckwagon Corn Whole Wheat Bread Margarine Fruit Punch 18	<u>BIRTHDAY SPECIAL</u> Chicken & Sausage Gumbo w/Rice Okra & Tomatoes Potato Salad Whole Wheat Crackers Cake/Ice Cream Cup19	Hamburger on a Bun Lettuce/Tomato/Pickle Mustard/Mayonnaise Baked Beans Fresh Fruit Chocolate Milk 20	Chicken Salad Vegetable Soup Broccoli Saltine Crackers Peanut Butter Bar 21
Chili w/Beans Steamed Spinach Chuckwagon Corn Saltine Crackers Margarine Mixed Fruit 24	<u>CLOSED FOR HOLIDAY</u>  25	<u>ASH WEDNESDAY SPECIAL</u> Shrimp Etouffee w/Rice Smothered Green Beans Paradise Punch Wh Wheat Brd/Margarine Royal Brownie 26	Spaghetti w/Meat Sauce Garden Salad w/Italian Italian Blend Vegetables White Dinner Roll Apple Cobbler 27	Tuna Salad Sandwich on Whole Wheat Bread Lettuce/Tomato/Pickle Potato Salad Fresh Orange 28
All Meals are Served With 1/2 Pint of 2% Milk.				Your Contributions are Greatly Appreciated. Please Help Your Council on Aging Help Others.
VALENTINE'S DAY, FRIDAY, FEB. 14				