FEBRUARY 2018 MENU

PLEASE DO NOT FORGET to reserve your meal(s) with two days in advance. If you cannot come into Heritage Hall Senior Center, please call 713-675-4487. Remember a meal is a terrible thing to waste!

Thank you kindly, Elizabeth Flores, Director

All participants are asked to PLEASE donate $1.00 dollar per meal to help offset program operating cost.

			Thursday	Friday
			2/1/2018	2/2/2018
			Rosemary Pork Patty+ Confetti Rice Broccoli Wheat Bread Cherry Upside Down Cake Milk	Tuna Salad Green Pea Salad Cold Pickled Beets~ Saltine Crackers Fudge Cream Cookie Milk
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
2/5/2018	**2/6/2018**	**2/7/2018**	**2/8/2018**	**2/9/2018**
BBQ Chicken Meatballs Chuckwagon Corn Italian Green Beans Texas Bread Fresh Fruit Milk	Meatloaf Brown Gravy Twice Whipped Potatoes Mixed Vegetables Wheat Roll Butterscotch Pudding Milk	Turkey Gumbo* Cajun Rice Spinach Cornbread Fresh Fruit Milk Margarine	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Apple Cobbler Milk Mustard and Ketchup	Breaded Fish Chuckwagon Corn Catalina Vegetables Hamburger Bun Fresh Fruit Milk Tartar Sauce
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
2/12/2018	**2/13/2018**	**2/14/2018**	**2/15/2018**	**2/16/2018**
Salisbury Beef Onion Gravy Whipped Potatoes Spring Vegetables Wheat Roll Fresh Fruit Milk	Parmesan Chicken Breast Penne Pasta Pomodoro~ Broccoli Dinner Roll Oatmeal Cream Cookie Milk	10 Grain Pollock Parslied Potatoes Green Beans Dinner Roll Strawberry Swirl Pudding Milk	Turkey Breast with Gravy* Cornbread Dressing Mashed Spiced Yams Dinner Roll Pound Cake Milk	Macaroni and Cheese Scalloped Tomatoes~ Squash Medley Dinner Roll Fresh Fruit Milk
2/19/2018	**2/20/2018**	**2/21/2018**	**2/22/2018**	**2/23/2018**
BBQ Pork Rib Patty Baked Beans Cabbage Wheat Roll Fresh Fruit Milk	Beef Stroganoff Green Peas Stewed Tomatoes Whole Wheat Breadstick Fig Bar Milk	King Ranch Chicken Whole Kernel Corn Squash Medley Wheat Bread Fresh Banana Milk	Rosemary Beef Parslied Penne Pasta Mixed Vegetables Wheat Bread Lemon Pudding Milk	Bean Chili~ Rice Florentine Collard Greens Cornbread Fresh Fruit Milk Margarine
Monday	**Tuesday**	**Wednesday**		
2/26/2018	**2/27/2018**	**2/28/2018**		
Beef with Country Gravy Whipped Potatoes Capri Vegetables Wheat Bread Fresh Fruit Milk	Turkey Pot Pie* Broccoli Country Tomatoes Wheat Roll Nutty Buddy Bar Milk	Sloppy Joe Tater Gems Mixed Vegetables Hamburger Bun Fresh Fruit Milk		

*- Turkey
+ - Pork
~ - New Menu Item