

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MEAL MENU FEBRUARY 2012**

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 30 Salisbury Steak with Gravy Parsley Boiled Potatoes/Butter California Blend Vegetables Bread/Butter Brownie Alt. Plain Cookie	Jan 31 Roast Pork with Thyme Gravy Mashed Potatoes Red Cabbage Rye Bread/Butter Cinnamon Applesauce	Feb 1 Chicken Alfredo with Penne Pasta Tossed Salad with Dressing Italian Bread/Butter Mandarin Oranges Apple Crisp Alt. Diet Cookie	Feb 2 Beef Stew with Vegetables and Potatoes Dinner Roll//Butter Banana Chocolate Mousse Alt: Diet Pudding	Feb 3 Polish Sausage on Bun Ketchup/Mustard German Potato Salad Baked Beans Ice Cream Alt: Fresh Fruit
6 Turkey ala King over Biscuit/Butter Broccoli Peaches Butterscotch Pudding Alt. Diet Pudding	7 Baked Italian Mostaccioli Italian Green Beans Warm Breadstick Fruit Cocktail Frosted Yellow Cake Alt. Plain Cake	8 Vegetable Soup Crackers HDM: Mixed Vegetables Sloppy Joe on Bun Potato Salad Chocolate Chip Cookie Alt. Plain Cookie	9 Chicken Breast in Garlic Sauce Mashed Potatoes Sliced Carrots Bread/Butter Fresh Fruit	10 Meatloaf Baked Potato Sour Cream/Butter Tossed Salad Dressing Dinner Roll/Butter Lime Gelatin with Pears Alt. Diet Gelatin
13 Glazed Ham Scalloped Potatoes Two Tone Beans Bread/Butter Fruited Gelatin Alt. Diet Gelatin	14 Happy Valentine's Day Roast Beef Baked Potato Sour Cream/Butter Strawberry Spinach Salad/Raspberry Vinaigrette Dressing Dinner Roll/Butter Red Gelatin Poke Cake	15 Beef Pepper Steak over Mashed Potatoes Peas and Carrots Baking Powder Biscuit/Butter Vanilla Pudding Alt. Diet Pudding	16 Sliced Turkey in Gravy Mashed Potatoes Broccoli Salad Bread/Butter Mandarin Oranges Alt. Diet Fruit	17 Beef Barley Soup/Crackers HDM: Cream Style Corn Chicken Patty on Bun Mayo Packet Three Bean Salad Fresh Fruit Cookie Alt. Plain Cookie
20 President's Day Salisbury Steak in Gravy Mashed Potatoes Sliced Carrots Bread/Butter Cherry Pie Alt. Fruit	21 Mardi Gras Celebration Grape Juice Oven Fried Chicken Red Beans & Rice Southern Style Grits King Cake Alt: Plain Cake	22 Baked Fish Tartar Sauce Au Gratin Potatoes Creamy Cucumbers Rye Bread/Butter Lemon Pudding Alt. Diet Pudding	23 Roast Pork Mashed Potatoes Gravy Sweet Sour Red Cabbage Rye Bread/Butter Cinnamon Applesauce	24 Vegetarian Lasagna Tossed Salad/Dressing Warm Breadstick Butter ¼ cup Cottage Cheese Apricots
27 Chicken Breast in Mushroom Sauce Mashed Potatoes Brussel Sprouts Bread/Butter Sugar Cookie Alt. Plain Cookie	28 Italian Meatloaf Ketchup Parsley Boiled Potatoes California Blend Vegetables Seven Grain Bread Butter Tropical Fruit	29 Leap Year Party! Cranberry Juice Chili Lettuce Salad Dressing Corn bread/Butter Apple Pie Alt. Applesauce		

SENIOR DINING AND HOME DELIVERED MEAL MENU MARCH 2012

Monday	Tuesday	Wednesday	Thursday	Friday
March is National Nutrition Month			1 Ring Bologna Ketchup/Mustard German Potato Salad Baked Beans Bread/Butter Fresh Fruit	2 Healthy Baked Fish Tartar Sauce Baby Red Potatoes Butter Creamy Coleslaw Rye Bread/Butter Lemon Bar Alt. Fruit
	5 Swedish Meatballs in Gravy Mashed Potatoes Sliced Beets Bread/Butter Fruit Mix	6 Pork Stir Fry Brown Rice Soy Sauce Oriental Vegetables Bread/Butter Pineapple Sugar Cookie Butterscotch Pudding Alt. Diet Pudding	7 Rainbow Plate Day Herbed Chicken Breast Mashed Sweet Potatoes Romaine Salad/Dressing Whole Grain Roll/Butter Strawberries/Angel Food Cake	8 Cheeseburger on Bun Ketchup /Mustard Potato Salad Whole Kernel Corn Cookie Alt. Diet Cookie

Alt: = low sugar alternative. ***1% milk served with all meals.***

HDM = Included in Home Delivered Meals instead of soup.

Note: Menu is subject to change. Reservations are required at least one day in advance. Call the Senior Dining Center where you will eat between 10:30 AM and 1:00 PM or call the Aging and Disability Resource Center at (262) 548-7826.