

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY  
SENIOR DINING AND MEALS ON WHEELS MENU FEBRUARY 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 30</b>	<b>January 31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Cranberry Meatballs Roasted Red Potatoes Wax Beans Dinner Roll w/ butter Snickerdoodle Cookie <b>Alt. Fruit Cup</b>	Chicken Marsala Whole Grain Pasta with Garlic Pesto Sauce Winter Vegetable Blend Italian Bread w/ butter Butterscotch Pudding Alt. Pear	Peachy Pork Roast Cheesy Diced Potato Casserole Maui Vegetable Blend Potato Dinner Roll w/ butter Fruited Yogurt	<b>Groundhog Day</b> Sloppy Joe Whole Wheat Bun American Potato Salad Three Bean Salad Rice Krispies Treat Alt. Canned Pears	Italian Sausage w/Marinara Sauce and onions and peppers Sausage Bun Italian Vegetable Blend Veggie Pasta Salad Peaches
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Lemon Garlic Chicken Wild Rice Blend Mixed Vegetable Seven Grain Bread w/ butter Cinnamon Apple Slices	Swedish Meatballs Buttered Noodles Creamed Spinach Wheat Bread / butter Pear Half Tapioca Pudding Alt. Diet Pudding	BBQ Boneless Country-Style Pork Potato Pancakes Ketchup packet Southwest-style Corn Potato Roll w/ butter Tropical Fruit Salad	Beef Macaroni Casserole Harvard Beets Cornbread/Butter Fruit Cocktail Chocolate Chip Cookie Alt. Plain Cookie	Vegetarian Lasagna Italian Vegetable Blend Italian Bread w/butter Fruit Crisp Apricots Alt. Banana
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
BBQ Shredded Beef Sandwich on Bun Baby Baker Potatoes Whole Kernel Corn Tropical Fruit Cup	<b>VALENTINE'S DAY</b> Roast Beef with Gravy Baked Potato with Sour Cream and Butter Green Bean Casserole Cranberry Compote Dinner Roll w/ Butter Banana Cream Pie Alt. Fresh Banana	Roast Turkey with Gravy Mashed Sweet Potatoes w/ butter pat Romaine Salad with Ranch Dressing Cranberry Muffin w/ butter Fruit Cocktail	BBQ Chicken (on the bone) Rice Pilaf Creamed Spinach 7-Grain Bread w/ butter Fresh Apple Iced Brownie Alt: Sugar Free Cookie	Hungarian Goulash Buttered Noodles Peas & Carrots Marble Rye Bread w/ butter Grape Juice Choc Ice Cream Cup Alt. Sugar Free Chocolate Pudding
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Yankee Pot Roast w/Celery & Onion Parsley Potatoes 5-way Mixed Veg Sourdough Bread w/ butter Cherry Crisp Alt. Canned Cherries	Ring Bologna Ketchup & Mustard American Fried Potatoes Baked Beans 7-Grain Bread w/ butter Rice Krispies Treat Alt. Fresh Orange	Tahitian Chicken Breast Wild Rice Blend Key Largo Vegetables Apple Juice Dinner Roll w/ butter Blushing Diced Pears	Spaghetti w/ Italian Meat sauce Italian Vegetable Blend Garlic Bread Mixed Greens Italian Dressing Peaches	Oven Roasted Pork Scalloped Potatoes Winter Vegetable Blend Rye Bread w/ butter Carrot Cake w/White Icing Alt. Apple
<b>27</b>	<b>28</b>			
Mushroom Swiss Burger Rye Hamburger Bun Ketchup, Mustard Baby Red Potatoes Butter pat Spiced Apple Rings Dessert Bar Alt: Banana	<b>FAT TUESDAY</b> Creole Chicken Red Beans and Rice Sweet Green Peas Whole Grain Bread / butter Fresh Fruit Paczki Alt: Sugar Free Cookie			

**SENIOR DINING AND MEALS ON WHEELS MENU MARCH, 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		Macaroni & Cheese Cottage Cheese Green Beans Dinner Roll w/butter Pears Apple Pie Alt. Apple Slices	Beef w/Broccoli Vegetable Fried Rice Egg Roll Sweet & Sour Sauce Mandarin Oranges Almond Cookie Alt. Sugar Free Cookie	Tomato Juice Crab Pasta Salad Croissant Lettuce /Tomato Peach Half Frosted Yellow Cake Alt. Fruit
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Swedish Meatballs /Gravy Egg Noodles w/ gravy Brussels Sprouts Fresh Orange Bread/Butter Butterscotch Pudding Alt. Diet Pudding	Cream of Broccoli Soup Saltine Crackers Shaved Turkey on Kaiser Roll / Mustard Fresh Apple Dessert Bar Alt. Plain Cookie	Stuffed Cabbage Roll Mashed Potatoes with gravy Harvard Beets Rye Bread w/ butter Tapioca Pudding Alt. Fresh Orange	Lemon Pepper Chicken Breast Garlic Mashed Potatoes California Blend Veg Bread/Butter Fruited Gelatin Alt. Diet Gelatin	<b>Johnny Appleseed Day</b> Oven Baked Ham Baked Sweet Potato w/Butter Sweet Green Peas Texas Toast w/Butter Fresh Apple

**PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE**