


Champlain Senior Center MEALS
February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<p style="text-align: center;">1</p> <p>Pot Roast with Brown Sauce Mashed Potatoes Whole Beets Fruit Crisp with Cream</p> 
<p style="text-align: center;">4</p> <p>Italian Chicken Fingers with BBQ Sauce Rice with Peas Pearl Onions and Carrots Broccoli Florets Applesauce</p> 	<p style="text-align: center;">5</p> <p>BBQ Pork Rib Garlic Potatoes Peas and Carrots Mandarin Oranges & Cream</p> 	<p style="text-align: center;">6</p> <p>Sliced Pot Roast with Yankee Gravy Home Fries Carrots and Cabbage Apple Cobbler</p> 	<p style="text-align: center;">7</p> <p>Hot Turkey Sandwich With Gravy on Bread Mashed Potatoes Winter Squash Fruit Cocktail</p> 	<p style="text-align: center;">8</p> <p>Chicken Marsala Mushroom Sauce Mashed Cauliflower Italian Green Beans Pineapple Upside Down Cake</p> 
<p style="text-align: center;">11</p> <p>Diced Chicken Minestrone Soup Broccoli Florets Strawberry Shortcake with Cream</p> 	<p style="text-align: center;">12</p> <p>Shepard's Pie with Corn Mashed Potatoes Baby Carrots Peaches</p> 	<p style="text-align: center;">13</p> <p>Beef Stew Brussel Sprouts Applesauce</p> 	<p style="text-align: center;">14</p> <p>Stuffed Chicken Breast with Ham and Cheese Stuffing Mashed Potatoes Baby Whole Beets Strawberry Yogurt Cake</p> 	<p style="text-align: center;">15</p> <p>Vegetable Quiche Winter Mixed Vegetables Peaches</p> 
<p style="text-align: center;">18</p> <p>Closed for President's Day</p>	<p style="text-align: center;">19</p> <p>Spaghetti with 3 Meatballs Marinara Sauce and Parmesan Spinach Baby Carrots Mandarin Oranges in Jell-O</p> 	<p style="text-align: center;">20</p> <p>Turkey Divan with Cheddar Mashed Potatoes Beets with Orange Sauce Craisins Cookie Bar</p> 	<p style="text-align: center;">21</p> <p>Salisbury Steak with Brown Sauce Mashed Potatoes Peas and Carrots Sliced Apple Cake with Cream</p> 	<p style="text-align: center;">22</p> <p>Chicken and Biscuit Mashed Cauliflower Spinach Orange</p> 
<p style="text-align: center;">25</p> <p>BBQ Pork Vegetable Rice Pilaf Broccoli Florets Applesauce</p> 	<p style="text-align: center;">26</p> <p>Baked Macaroni and Cheese Brussel Sprouts Sugar Snap Oriental Blend Pumpkin Cookie with Craisins and Walnuts</p> 	<p style="text-align: center;">27</p> <p>Cheese Omelets Home Fries French Toast Sticks Syrup Fresh Fruit Salad</p> 	<p style="text-align: center;">28</p> <p>Turkey Burger with Vegetables Vegetable Gravy Diced Potatoes Baby Carrots Pumpkin Pudding</p> 	