

## FEBRUARY NUTRITION



### *Valentine's Celebration* (RSVP 636-3055, ext. 3108)

**Wednesday, Feb. 13 at 5:00 pm**

Join us for this very special dinner at 5:00 followed by raffles, prizes, and giveaways. At 7:00, there will be a performance by Amherst's male glee club, "The Red Blazers".

**Menu:**

Shrimp bisque, baked chicken w/gravy, oven roasted potatoes, California blend, strawberry mousse

**Sponsored by our friends at: *Vinecroft Retirement Community***

**LUNCH is served**

**Monday-Friday from 12-1.**

Please make reservations 24 hours in advance. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				<b>1</b> Macaroni & cheese, stewed tomatoes, apple juice, blueberry muffin, diced pears
<b>4</b> Make your own salad, vegetable beef soup, fruit punch, Italian bread, ice cream	<b>5</b> Hamburger, baked beans, corn, roll, mandarin oranges	<b>6</b> Chicken, rice, carrots, dinner roll, fruited jello	<b>7</b> Roast beef w/gravy, mashed potatoes, broccoli, white bread, banana	<b>8</b> Tuna noodle casserole, peas, biscuit, fruit cocktail <i><b>Alternate salad: Chicken Pesto</b></i>
<b>11</b> Omelet w/cheese sauce, hash browns, stewed tomatoes, multigrain bread, tropical fruit	<b>12</b> Chicken stir fry, stir fry veggies, carrots, brown rice, fortune cookies	<b>13</b> Hot roast beef w/ gravy, mashed potatoes, peas, roll, chocolate chip cookie  Dinner at 5:00-See pg. 3	<b>14</b> <b>VALENTINE'S LUNCH</b> Lasagna rolls, meatballs, chef salad, green beans, Italian bread, strawberry shortcake	<b>15</b> Baked fish w/lemon sauce, parsley potatoes, mixed vegetables, rye bread, banana
<b>18</b> <b>CLOSED</b>	<b>19</b> Breaded chicken, wild rice, carrots, dinner roll, tropical fruit	<b>20</b> BBQ ribette, cauliflower, peas, roll, chocolate chip cookie	<b>21</b> Sloppy Joe, potato wedges, green beans, roll, coffee cake	<b>22</b> Breaded fish, parsley potatoes, mixed vegetables, rye bread, orange
<b>25</b> Sliced ham, scalloped potatoes, brussel sprouts, dinner roll, Lorna Doones	<b>26</b> Turkey w/gravy, sweet potatoes, green beans, stuffing, diced pears	<b>27</b> Beef stew, stew vegetables, mashed potatoes, biscuit, pound cake	<b>28</b> Breakfast sandwich, hash brown potato, spiced apples, mandarin oranges	<b>1</b> Cabbage roll, seasoned rice, mixed vegetables, dinner roll, donut

**THIS MENU IS SUBJECT TO CHANGE**