
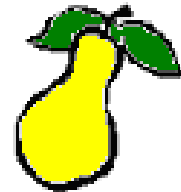


Call 672-2240 for a Home Delivered Meal

February 2010

* Menu item contains nuts
All meals are served with 1% milk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Salmon Filets w/Lemon Creamy Risotto Roasted Asparagus Carrot, Apple & Celery Salad Strawberries & Ice Cream 1	Hot Pork Sandwich Mashed Potatoes w/Gravy Key Largo Vegetable German Cole Slaw Blueberry-Plum Crisp 2	Spaghetti w/Meat Sauce French Style Green Beans Caesar Salad Garlic Bread Ambrosia Date Bar 3	Pawtucket Chicken Chowder Ham Salad on Dark Rye Spinach Salad Peaches in Orange Sauce 4	Beef Stroganoff over Egg Noodles Broccoli Cinnamon Raisin Bread Sunshine Salad Assorted Mini Yogurt 5	Parmesan Chicken Pasta Primavera Italian Vegetables Cucumber Salad Apple Crisp 6
Roast Turkey w/Gravy Baked Potato Pacific Blend Vegetables Whole Wheat Roll Fruit Cup Pumpkin Custard 7	Beef Stew Corn Bread Cottage Cheese Salad w/Peaches Peanut Butter Cookie 8	Glazed Baked Ham Roasted Sweet Potatoes Winter Blend Vegetables Whole Wheat Roll Mandarin Oranges Carrot Cake 9	Baked Steak Teriyaki over Egg Noodles Stir Fry Vegetables Asian Salad * Pineapple Chunks Ginger Snap Cookie 10	Baked Chicken Real Mashed Potatoes w/Gravy Glazed Carrots Greek Salad Apple Pear Crisp 11	Pork Chop Supreme Au Gratin Potatoes Brussels Sprouts Waldorf Salad * Oatmeal Spice Cake 12	Sloppy Joe Oven Baked Fries Creamy Coleslaw Banana Chocolate Pudding 13
Valentine's Day Roast Beef w/Gravy Twice Baked Potatoes Green Beans & Tomatoes Citrus Fruit Cup Chocolate Cream Pie 14	Chicken Tetrazzini Mediterranean Vegetables Confetti Cole Slaw Cornmeal Roll Apple Crisp 15	Sausage & Shrimp Jambalaya over Rice Parsley Buttered Carrots Louisiana Sunshine Salad Bread Pudding w/Sauce ***Mardi Gras*** 16	Turkey Breast Filet w/Bread Dressing & Gravy Lima Beans Beet Salad Fruit Parfait 17	French Dip Sandwich w/Au Jus & Horseradish Roasted Corn Broccoli Craisin Salad * Chunky Applesauce Pumpkin Bar 18	Chili Cheddar Cheese Stick Garden Salad Cinnamon Roll California Fruit 19	Spinach & Ham Quiche Home Fries Oregon Bean Medley Cinnamon Coffee Cake Mandarin Oranges 20
Herb Roast Pork w/Applesauce Rosemary Red Potatoes Stewed Tomatoes Green Salad Peach Shortcake 21	Chicken Enchilada w/Salsa Peas & Onions Lettuce & Tomato Salad Tropical Fruit Oatmeal Raisin Cookie 22	Beef Pot Roast w/Roasted Potatoes, Carrots, Onions & Gravy Potato Roll German Cole Slaw Pear Pudding 23	Chicken Fried Steak Mashed Potatoes w/Gravy Broccoli Carrot Raisin Pineapple Salad Blueberry Buckle 24	Hot Turkey Sandwich Mashed Potatoes w/Gravy Roasted Asparagus Caesar Salad Cranberry Molded Salad 25	Fish Florentine Mixed Grain Pilaf Glazed Carrots Whole Wheat Roll Fanny's Cole Slaw Chocolate Chip Cookie 26	Lasagna Italian Vegetables Mixed Green Salad Garlic Bread Strawberry-Rhubarb Crisp 27
Oven Fried Chicken Mashed Potato w/Gravy Peas & Carrots Spinach Mushroom Salad Pears Gingerbread 28	 <h2>"Pear-Up" With Good Nutrition</h2> <p>8 Ideas to Eat Healthy and Affordably - Adapted from Tufts University</p> <ol style="list-style-type: none"> 1) Plan your meals - and your shopping 2) Cut down on "convenience foods" 3) Season it yourself 4) Buy fresh fruits and vegetables in season 5) Buy frozen fruits and vegetables when not in season 6) Watch your meat portions 7) Bypass the deli counter 8) Give expensive coffee drinks the "heave-ho" 					
	HERITAGE TOWERS DINNER Wednesdays - 5:30 p.m.	Swiss Steak 3 Whipped Potatoes Mediterranean Vegetables Whole Wheat Roll Fluffy Fruit Cup	Turkey Strata w/Gravy 10 & Cranberry Sauce Cup Pacific Blend Vegetables Spinach Mushroom Salad Strawberry Shortcake	ASH WEDNESDAY 17 Salmon Filet Baked Yam Green Beans w/Almonds Calico Cole Slaw Fruit Pizza	Chicken Noodle Soup 24 Grilled Ham & Swiss on Rye Harvest Vegetable Salad Mandarin Orange, Banana & Pineapple Fruit Cup	

Serving at the Senior Center-Everyday 11:30 a.m.-12:45 p.m.
 Serving at Heritage Towers-Monday, Tuesday, Thursday & Friday Noon-12:45 p.m.

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March 2010

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Meatloaf w/Gravy Cauliflower Mac 'n Cheese Sugar Snap Peas Apple Spice Muffin California Fruit Ice Cream 1	BBQ Pork Sandwich on Whole Wheat Bun German Potato Salad Pacific Blend Vegetables Apricots Lemon Cookie 2	Turkey Breast Filet w/Dried Cherries & Rosemary Scalloped Potatoes Brussels Sprouts Wheat Onion Roll Pineapple Upside-Down Cake 3	Roast Beef w/Gravy Rosemary Red Potatoes Winter Blend Vegetables Spinach Orange Salad Black Forest Cake 4	Sweet & Sour Pork Brown Rice Pilaf Sesame Green Beans * Asian Salad * Ginger Pears 5	Baked Italian Pasta Mediterranean Vegetables Focaccia Spring Salad Tapioca Pudding 6
Breaded Baked Fish w/Tarter Sauce & Lemon Roasted Root Vegetables California Blend Vegetables Spinach Bread Angel Food w/Berries 7	Herb Roast Pork Company Potatoes Italian Style Zucchini Cucumber & Tomato Salad Pears Spice Cake 8	Hawaiian Chicken Baked Sweet Potato Key Largo Vegetables Banana Bread * Tropical Fruit 9	Hot Beef Sandwich w/ Mashed Potatoes & Gravy Beet Salad California Fruit Oatmeal Cookie 10	BBQ Pork Wings Baked Squash Tossed Green Salad Wheat Roll Fruit Pizza 11	Beef Pot Roast w/Roasted Potatoes, Carrots, Onions & Gravy Potato Roll Green Salad Cherry Crisp 12	Chicken Ala King over Buttermilk Biscuit Spinach Salad Mandarin Oranges German Chocolate Cake * 13
Swedish Meatballs over Egg Noodles Pacific Blend Vegetables Creamy Cole Slaw Pumpkin Bran Muffin Baked Apples 14	Parmesan Coated Fish w/Lemon Roasted Root Vegetables Minnesota Green Beans * Banana Bread Apricots 15	Beef Fajitas w/Flour Tortilla & Salsa Ranch Style Beans Lettuce & Tomato Salad Peaches Butterscotch Cookie 16	St. Patrick's Day Boiled New England Dinner w/Cabbage, Potatoes, Carrots & Onions Green Salad Irish Soda Bread Green Jell-o w/Pears Shamrock Cookie 17	Baked Chicken Mashed Potatoes w/Gravy Asian Blend Vegetables Wheat Roll Dark Sweet Cherries Brownie 18	Swiss Steak w/Tomato Sauce Baked Potato w/Sour Cream Brussels Sprouts Mixed Green Salad Apricot Crisp 19	Western Egg Bake Seasoned Potatoes Spring Salad Citrus Fruit Cup Boston Brown Bread 20
Roast Turkey w/Gravy Baked Sweet Potatoes Green Beans w/Almonds * Rye Roll Fruit Cup Pumpkin Custard 21	Beef Pepper Steak Stir Fry Vegetables & Rice Fanny's Cole Slaw Pineapple Chunks Oatmeal Spice Cake 22	Salmon Filets w/Lemon Scalloped Potatoes Sugar Snap Peas Carrot, Apple & Celery Salad Mixed Berry Cobbler 23	Hot Pork Sandwich Mashed Potatoes w/Gravy Key Largo Vegetable German Cole Slaw Blueberry-Plum Crisp 24	Pizza w/ Pepperoni, Ground Beef & Veggies Roasted Asparagus 3-Bean Salad Creamy Rice Pudding 25	BBQ Chicken Potato Salad Harvest Salad Peaches Dutch Apple Cake 26	Beef Tips w/Mushrooms over Egg Noodles Steamed Broccoli Cinnamon Raisin Roll Sunshine Salad Assorted Mini Yogurt 27
Pork Chop Supreme Au Gratin Potatoes Brussels Sprouts Waldorf Salad * Banana Spice Cake 28	Turkey Breast Filet Bread Dressing w/Gravy Green Beans Russian Garden Salad Fruit Parfait 29	Baked Steak Teriyaki over Egg Noodles Stir Fry Vegetables Asian Salad * Pineapple Chunks Coconut Macaroon 30	Oven Fried Chicken Mashed Potato w/Gravy Peas & Carrots Spinach Mushroom Salad Pears Gingerbread 31	 "Pear-Up" With Good Nutrition <i>No Matter What Your Age...eating a nutritious diet, exercising regularly, and maintaining a healthy weight can help prevent illness and disability and improve your quality of life.</i>		
	HERITAGE TOWERS DINNER Wednesdays - 5:30 p.m.	Baked Potato Bar w/ Broccoli, Seafood & Meat Toppings Garden Salad Cornbread Cherry Crisp 3	Meat Loaf Scalloped Corn Stewed Tomatoes Caesar Salad Hot Biscuit Coconut Custard 10	New England Boiled Dinner w/Cabbage, Potatoes & Carrots Tossed Salad Irish Soda Bread Lime Jell-o w/Pears 17	Beef Stroganoff over Noodles Buttered Beets Russian Salad Peach-Blackberry Cobbler 24	Pancakes Bacon Hash Browns w/Peppers & Onions Tomato Juice Peach Half 31

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