

**ST. LUCIE COUNTY, FL – COUNCIL ON AGING
MEAL MENU – FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 st 1 ea Chicken Patty (3 oz meat) ¾ c Noodles w/Marinara Sauce 1 c Green Beans 1 sl Bread 1 pat Margarine ½ c Glazed Apples 8 oz Milk	2 nd 1 ea Beef Patty (3 oz meat) ½ c Sauteed Onions & Peppers ½ c Corn 1 ea Hamburger Bun ½ c Fruit Cobbler 8 oz Milk	3 rd Italian Deli Sandwich Ham, Salami & Cheese ½ c Lettuce & Tomato 1 ea Hamburger Roll ½ c Coleslaw ½ c Fruit 8 oz Milk
6 th 3 oz Meatballs ¾ c Spaghetti & Tomato Sauce ½ c Italian Vegetables ½ c Fruit 1 sl Bread 1 pat Margarine 8 oz Milk	7 th 3 oz Macaroni, Smoked Turkey Sausage & Cheese Casserole ½ c Peas & Carrots 1 ea Dinner Roll 1 pat Margarine ½ c Cinnamon Apples 8 oz Milk	8 th 1 ea Chicken Patty (3 oz meat) 1 oz Hickory Flavored BBQ Sauce 1 ea Hamburger Bun ½ c Carrots ½ c Italian Slaw 8 oz Milk ½ c Fruit	9 th 3 oz Hamburger Casserole Supreme 1 c Mixed Vegetables 1 ea Dinner Roll 1 pat Margarine 1 ea Brownie ½ c Fruit Juice 8 oz Milk	10 th Ham Sandwich 3 oz Ham ½ c Lettuce & Tomato 1 pkt ea Mustard & Mayonnaise 2 sl Wheat Bread ½ c Carrot Raisin Salad ½ c Orange Juice 8 oz Milk
13 th 3 oz Sloppy Joe 1 ea Hamburg Bun 1 c Cooked Spinach 1 ea Cookie ½ c Fruit Juice 8 oz Milk	14 th 1 ea Baked Chicken Qtr. (3 oz) 2 oz Gravy ½ c Mashed Potatoes ½ c Green Beans 2 ea Dinner Roll 1 pat Margarine ½ c Fruit 8 oz Milk	15 th 3 oz Stroganoff ½ c Rice 1 c California Blend Veggies 2 sl Bread 2 pats Margarine ½ c Fruit Juice 8 oz Milk	16 th 3 oz Southern Chicken Salad 1 c Lettuce & Tomato Salad 1 pkt Salad Dressing ½ c Carrot Raisin Salad 2 ea Dinner Roll 2 pats Margarine ½ c Pineapple 8 oz Milk	17 th 3 oz Turkey Ala King ½ c Rice 1 c Broccoli Florets 1 sl Bread 1 pat Margarine 1/s c Hot Apple Cobbler w/Raisins ½ c Fruit Juice 8 oz Milk
20 th CLOSED	21 st 3 oz Stuffed Cabbage & Rice Casserole ½ c Mashed Potatoes ½ c Green Beans 1 sl Bread 1 pat Margarine 8 oz Milk ½ c Fruit Juice	22 nd 3 oz Sliced Turkey 2 oz Gravy 1 c Cornbread Stuffing ½ c Sweet Potatoes ½ c Broccoli Florets ½ c Fruit 8 oz Milk	23 rd 3 oz Swedish Meatballs ½ c Rotini 1 oz Gravy 1 c Seasoned Carrots 1 ea Dinner Roll 1 pat Margarine ½ c Pineapple 8 oz Milk	24 th 3 oz Hawaiian Ham Steak 1 oz Pineapple Glaze ½ c Macaroni & Cheese 1 c Green Beans 1 sl Bread 1 pat Margarine ½ c Mandarin Oranges 8 oz Milk
27 th 1 ea Chicken Soft Taco (3 oz Meat) ½ c Black Beans and Rice ½ c Mexican Corn 1 c Shredded Lettuce 1 pkt Taco Sauce ½ c Fruit Juice 8 oz Milk	28 th 1 ea Hickory Flavored BBQ Chicken Qtr. (3 oz meat) ½ c Mashed Sweet Potatoes 1 c Greens 1 ea Corn Bread (2 oz) 2 pat Margarine ½ c Fruit Juice 8 oz Milk	29 th 1 ea Chicken Patty (3 oz meat) ¾ c Noodles w/Marinara Sauce 1 c Green Beans 1 sl Bread 1 pat Margarine ½ c Glazed Apples 8 oz Milk		