



**EWC Community Table Dining Program CASH ONLY** February 11:30 am - 12:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 County Fried Steak Mashed Potatoes and Gravy Steamed Vegetables Biscuit Peaches	4 Vegetable Soup Chicken Salad on Croissant Pasta Salad w/broccoli salad and tomato. Fresh Fruit	5 Italian Salad Manicotti w/ marinara and parmesan Steamed Broccoli Breadsticks Tropical Fruit	6 Chopped Cucumber Salad Southwest Chicken Bake Rice Applesauce Dinner Roll	7 Grilled Cod Rosemary Potatoes Green Beans Dinner Roll Mixed Fruit
10 Swedish Meatballs on Egg Noodles Dilled Carrots Mandarin Oranges Dinner Roll	11 Golden Baked Chicken Steamed Rice Garden Vegetables Dinner Roll Fresh Fruit	12 Coleslaw Sloppy Joe Potato Wedges Peaches Dinner Roll	13 Parmesan Crusted Fish Rosemary Potatoes Zucchini Fresh Fruit Dinner Roll	14 <u>Valentine's Day</u> Broccoli Slaw Salmon Fillet Wild Rice Fresh Roasted Vegetables Sweetheart Dessert Dinner Roll
17 <u>Holiday Closure</u> <u>No Lunch Service</u>	18 Oven Roasted Chicken Garlic Roasted Potatoes Green Beans Dinner Roll Peaches	19 Broccoli Salad Hot Roast Beef and Cheddar Sandwich Crinkle Fries Mixed Fruit	20 Lentil Vegetable Soup Egg Salad Sandwich w/ Lettuce Sun Chips Fresh Fruit	21 Meatloaf Mashed Potatoes w/gravy Mixed Vegetables Pineapple Dinner Roll
24 Broccoli Cheddar Quiche Roasted Potatoes Tropical Fruit Yogurt Muffin	25 <b>Black History Month</b> BBQ Ribs Mac and Cheese Baked Beans/ Collard Greens Peach Cobbler Corn Bread	26 Garden Salad Baked 3 Cheese Ziti Winter Blend Vegetables Garlic Bread Fresh Fruit	27 2 Soft Tacos w/ pork carnitas, lettuce, salsa, cheddar and sour cream Spanish Rice Refried Beans Mandarin Oranges	28 BBQ Chicken Leg Rice Pilaf Steamed Carrots Pears Dinner Roll
<b>Menu Subject to Change</b>				

1% milk, 2oz of whole grain, and fortified margarine are available with all meals. All fresh produce is subject to availability. Substitutions may be made without notice.

Suggested meal donation for eligible persons (aged 60+) is \$4.00 For noneligible persons (aged 59 and younger), cost is \$8.00 per meal