

February 2019

Senior Center Menu & Meals On Wheels (MOW) Menu
 Please Make Reservations at Your Senior Center.
 See your Site Manager for Details.

Meals on Wheels - 753-5084

Cortland County Nutrition Program - 753-5061

<http://www.cortland-co.org/434/Area-Agency-on-Aging>

The suggested contribution is \$3.00.

Menu is subject to change without notice.

Mon	Tue	Wed	Thu	Fri
				1 Philly Chicken with Mushrooms, Peppers, Onion & Cheese on a WW Bun Sweet Potato Puffs/Wedges Pears
4 Baked Chicken Parmesan Pasta and Sauce Spinach Apricots	5 Chinese New Year! Beef & Broccoli Stir-Fry Baby Carrots w/ Rice Clementine Strawberry Tartlette (Sites) Strawberries & Cream (MOW)	6 Roast Pork Loin w/Gravy & Stuffing Zucchini MOW- Brussel sprouts Warm Chick Pea Salad Mixed Fruit	7 Marinated Chicken Breast Harvest Vegetable Rice WW Bread & Butter California Blend Veggies Apple Crisp	8 Beef Stew Biscuit Peas Mandarin Oranges
11 Goulash Green Beans Pineapple Tidbits	12 Danny's Famous Macaroni & Cheese Stewed Tomatoes Tossed Salad (MOW) Pears	13 Meatloaf Mashed Potatoes and Gravy Corn PB Brownie Banana	14 Valentine's Day Broccoli Cheddar Soup Turkey Sandwich Lettuce & Tomato (Sites Only) Cherry Shortcake MOW- Chicken Patty on WWBun Mixed Veggie	15 Sloppy Joes on a WW Bun Succotash Coleslaw Hot Spiced Peaches
18 President's Day Closed	19 Hearty Chili w/ Cornbread Mixed Veggie Mandarin Oranges	20 Boiled Ham Dinner Cabbage & Carrots Potatoes Oatmeal Raisin Cookie Raisins	21 Chipped Beef over Toast MOW- Over Mashed Potatoes Peas Tossed Salad (MOW) Fruit Whip	22 Sausage, Peppers & Onions on a WW Roll Butternut Squash Southern Style Black Eyed Peas
25 Baked Chicken Fillet Stuffing with Country Gravy Spinach Mixed Fruit Fig Newton	26 Pork Loaf Baked Potato w/ Sour Cream Parmesan Brussel Sprouts Tossed Salad Peanut Butter Cookie	27 Happy Birthday! Roast Beef & Gravy Parsley Boiled Potatoes Baby Carrots Peas Birthday Cake	28 Sweet & Sour Chicken over Rice Southwestern Blend Veggie Hot Asian Slaw Fruited Jell-O	Salad Bar with Assorted Toppings Served Daily at Meal Sites. 8oz 1% Milk Daily