Nutrition Center AT TWIN TOWERS



SENIORS OVER 60: \$5.00 UNDER 60: \$7.00

FISH FRIDAYS: \$7.00 Include: Fish, Tater Tots, Baked Beans, Coleslaw, Hush puppies, Dessert and Drink

SERVING TIME 11:00AM-12:30PM

| AIIW | /IN TO | MENU IS SUBJECT TO CHANGE WITHOUT NOTICE | | |
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Chopped Steak with Mushrooms & Onions Mashed Potatoes Glazed Carrots Roll Peaches | 4 Chicken Pot Pie Beets Bread Jello with Pears | Ham and Beans Oven Fried Potatoes with Onions Spinach Cornbread and Crackers Mixed Fruit | 6 Beef Stew Winter Blend Veggies Hot Roll Mandarin Oranges | Baked Chicken Coleslaw Potato Wedges Bread Applesauce |
| 10 | 11 | 12 | 13 | 14 |
| Spaghetti with Meat Sauce Italian Blend Veggies Corn Bread Pears | Pulled Pork on Bun Baked Beans Oven Fried Okra Mandarin Oranges | Chicken & Dumplings Seasoned Cabbage Peas & Carrots Bread Peaches | Andre's Meatloaf Mashed Potatoes Broccoli Bread Mixed Fruit | Broccoli Cheese Soup Chicken Sandwich on Bun Garden Salad Mixed Fruit |
| 17 | 18 | 19 | 20 | 21 |
| Chicken Sandwich on Bun Cali-Blend Veggies Corn Mandarin Oranges | Salisbury Steak Mashed Potatoes Green Beans Roll Pears | Ham and Beans Spinach Stewed Tomatoes Cornbread and Crackers Peaches | Pork Loin Roast Mashed Potatoes Glazed Carrots Hot Roll Apple Crisp | Potato Soup Pork Sandwich on Bun Garden Salad Mixed Fruit |
| 24 | 25 | 26 | 27 | 28 |
| Chicken Melt Potato Wedges Broccoli Cinnamon Applesauce | Scrambled Eggs with Sausage Hash Browns Biscuit Warm Apples Orange Juice | Chicken & Dumplings Spinach Carrots Bread Blushing Pears | Andre's Meatloaf Scalloped Potatoes Green Beans Bread Warm Sliced Apples | Baked Chicken on a Bun Baked Beans Coleslaw Bread Fruit Salad |
| HAPPY Valentine's DAY | February is Heart Health Month | | | GOODBYE FEBRUARY! |