

Elderly Nutrition Program in Yolo County
People Resources, Inc

February 2012

Suggested Contributions: \$3.00 Seniors \$3.50 Volunteers(< 60) \$ 7.00 GUEST FEE (< 60 unless w/ senior spouse)	 = High Sodium Meal	Wednesday Feb 1 Beef Stew w/Chunky ▶Vegetables* ▶New Potatoes ▶Biscuit ▶Fruit Cup+	Thursday Feb 2 Herb & Garlic Chicken ▶Ginger Orange Carrots* ▶Brown Rice Pilaf ▶Whole Wheat Roll ▶Fruit Juice+	Friday Feb 3 Seafood Chowder ▶3 Bean Salad Over Crisp Greens ▶Wheat Crackers ▶Gelatin w/ Fruit+
		Monday Feb 6 ▶ Beef Tamale Pie+ With cornbread crust Green Beans ▶ Wheat Roll ▶Cinnamon Apples	Tuesday Feb 7 Chicken Fondue Bake ▶Scalloped Potatoes+ California Vegetables*+ ▶Wheat Bread ▶Blushed Pears	Wednesday Feb 8 Hamburger with Lettuce, pickles and condiments ▶O'Brian Potatoes+ ▶Wheat Bun ▶▶Fruit Crisp
Monday Feb 13 Crispy Fish Fillet w/ Tartar Sauce ▶Sour Cream and chive potatoes Steamed Spinach ▶Wheat Bread ▶Tropical Fruit+	Tuesday Feb 14 <i>Happy Valentines Day</i> Beef w/Burgundy Sauce Served over pasta Scandinavian Vegetables ▶Wheat Roll ▶▶Sweet Treat ▶Fruit Juice+	Wednesday Feb 15 Teriyaki Chicken ▶“Stir Fry” Brown Rice Japanese Vegetables ▶Pineapple Tidbits+ ▶Fortune Cookies	Thursday Feb 16 ▶▶ Split Pea Soup ½ Ham Sandwich on Rye Tossed green salad*  ▶Wheat Crackers ▶▶Ambrosia+	Friday Feb 17 Oven Fried Chicken Coleslaw+* ▶Mashed potatoes+ ▶Buttermilk Biscuit ▶Applesauce+
Monday Feb 20 <i>Celebrating our Nation's Leaders</i> Presidents' Day	Tuesday Feb 21 Parmesan Chicken ▶ Orzo Italian Vegetables* ▶Wheat Bread ▶Citrus Cup+	Wednesday Feb 22 Swiss Quiche ▶Oven Fried Potatoes Garden Salad* ▶Wheat Roll ▶Fruit Juice+	Thursday Feb 23 ▶▶ B B Q Beef on a Bun ▶Rodeo Beans 4 Way Vegetable Blend* ▶Fresh Fruit+	Friday Feb 24 ▶ Turkey Tetrizzini Winter Vegetables+ ▶Wheat Bread ▶Apricot Halves
Monday Feb 27 Swedish Meatballs ▶Au Gratin Potatoes+ Scandinavian Vegetables* ▶Wheat Bread ▶Peaches	Tuesday Feb 28 Lemon Pepper Fish ▶Couscous Stewed Tomatoes ▶Wheat Bread ▶Fresh Fruit+	Wednesday Feb 29 <i>Happy Birthday</i> Parmesan Pork Chop ▶Whipped Sweet Potatoes* “Chefs Blend” Vegetables ▶Roll & ▶Fruit Juice+ ▶Birthday Cake	 Happy Valentine's Day From the Staff at ENP	<u>Alternate Meal</u> Chicken a la King California Veggie Blend

Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A ☒ =Higher Sodium Meal. Menu subject to change.

Congregate Dining Sites **Reservations/Cancellations must be made by noon the day before by calling the site:** **Davis Senior Center** 646 A Street 747-5870 ♦ **West Sac Senior Center** 664 Cummins Way (916) 373-5805 ♦ **Winters Community Center** 201 Railroad Avenue 795-4241 ♦ **Woodland Senior Center** 2001 East Street 668-0974 ♦ **Knights Landing/Esparto** 662-7035 ♦ ♦ ♦ **Elderly Nutrition Program Main Office 662-7035** ♦ *Partially funded by A4AA*