





February 2018

Please call 24 hours in advance to reserve or cancel lunch- suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tomato topped meatloaf, baked potato with sour cream, garden salad, wheat bread, Boston cream pie	2
5 Coffee Hour- 10:00 am Topic: Alzheimer's Communication Strategies	6 Birthday Lunch Bagel Cafe's pulled BBQ chicken sandwich or egg salad sandwich, green salad and birthday cake 	7 Teriyaki chicken with vegetable lo mein, vegetable egg roll, mandarin oranges	8 Swedish meatballs with mushroom gravy, baked potato with sour cream, peas & onions, pumpernickel bread, peaches	9
12 Coffee Hour- 10:00 am Topic: TED Talk- Love and Technology	13 Beef stew with vegetables, broccoli & cranberry raisin salad, biscuit, brownie	14 Valentine's Day Lunch Papa Frank's catered lunch- lasagna or stuffed shells  (vegetarian), salad, bread and dessert	15 Chicken breast, bread stuffing, spinach, baked potato, sour cream, pears with cinnamon	16
19 Coffee Hour- 10:00 am Topic: Learning about the muscles	20 Turkey a la king, parslid potatoes, harvard beets, biscuits, butterscoth pudding	21 Brocoli cheddar soup, Caesar salad with chicken & croutons, oatmeal raisin cookie	22 Roast pork & gravy, roasted red potatoes, julienne carrots, apple sauce, dinner roll, lemon meringue pie	23
26 Coffee Hour- 10:00 am Topic: TED Talk- Archaeology	27 Salisbury steak with mushroom gravy, vegetable medley, sour cream chive mashed potato, marble rye bread, ambrosia	28 Shepherd's pie with gravy on side, broccoli & cauliflower, marble rye bread, hot fruit compote with sugar cookie	March 1	March 2