



The McKissick Center  
FOR SENIOR WELLNESS

# February 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chopped Steak Onions 1/2 Baked Swt Potato Turnip Greens Roll Orange 1% Milk	3	Chicken Pot Pie Sliced Beets Biscuit Raisins Baked Apples 1% Milk	4	Italian Chick Breast Mashed Potatoes Steamed Broccoli Whole Wheat Bread Banana Fruited Yogurt	5	Pork Roast Steamed Carrots Cabbage Brown Rice & Gravy Sugar Cookies 1% Milk	6	Baked Ziti Zucchini & Onions Tossed Salad Italian Dressing Garlic Roll Cherry Cobbler 1% Milk	7
Pulled Pork Roasted Potatoes Tomatoes & Okra Whole Wheat Roll Banana Yogurt	10	Beef Stew Brown Rice California Blend Veggies Whole Wheat Roll Spiced Pears 1% Milk	11	Sliced Turkey & Gravy Cornbread Stuffing Peas & Carrots Whole Wheat Roll 1% Milk	12	Smothered Chicken Green Beans Roasted Cauliflower Rice Pilaf Fruit Cocktail 1% Milk	13	BBQ Riblet Spinach Sweet Potato Fries Whole Wheat Bun Apple 1% Milk	14
Roast Beef w/ Gravy Green Peas Broccoli & Cauliflower Whole Wheat Noodles Banana 1% Milk	17	Pork Medallions w/ Cream Sauce, Brown Rice Brussel Sprouts Whole Wheat Roll Applesauce 1% Milk	18	Beef Patty w/ Mayo Whole Wheat Bun Lettuce Tomato Potatoes Au gratin Warm Spiced Pineapple 1% Milk	19	White Chicken Chili Chuckwagon Corn Cornbread Fresh Apple Chocolate Milk	20	Mediterranean Style Fish Long Grain Wild Rice Mixed Greens Whole Wheat Roll Sliced Peaches 1% Milk	21
Vegetable Beef Soup Cornbread Muffin Peach Crisp Orange Juice Chocolate Milk	24	Lemon Pep Chick Thigh Brown Rice & Gravy Steamed Broccoli Parsley Glazed Carrots Banana 1% Milk	25	Pork Cutlet w/ Honey Mustard Glaze Roasted Swt Potatoes Mixed Greens & Roll Fruited Gelatin 1% Milk	26	Beef Burgundy Mashed Potatoes Green Beans Whole Wheat Bread Applesauce 1% Milk	27	Turkey Salad Potato Salad Mandarin Orange Pudding Whole Wheat Crackers Fruited Bar 1% Milk	28

DONATIONS FOR ACTIVITIES AND MEALS ARE GRATEFULLY ACCEPTED.