



ALEXANDRIA SENIORS CENTER

FEBRUARY MENU 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Italian Spaghetti 3 oz beef, 2 oz Mozz cheese ½ c WG Noodles 1 oz Garlic Bread ½ c Green Beans ½ c Yellow Squash ½ c Fruit Salad 1 c Milk Veg. Soy Beef 3 oz	4 3 oz Yangs Lemongrass Chicken ¾ c WG Fried Rice (Peas and Carrots) 1 oz WG Roll w Butter ½ c Bok Choy ½ c Butternut Squash ½ c Pear 1 c Milk Veg. Chix Strips or Tofu	5 4 oz Meatloaf & Gravy 2 oz WG Biscuit w Butter ½ c Roasted broccoli ½ c Mashed Potatoes ¾ c Peach cobbler 1 c Milk Veg. Soy Beef	6 1 c chicken Pad Thai over 1 c WG Linguini Noodles ½ c Asian vegetable blend ½ c Pineapple 1 c Milk Veg. Chix Strips	7 3 oz Breaded Fish <i>Filet 2.5 oz m/ma 1 oz grain / Tartar Sauce</i> 2 oz WG Bun ½ c Steamed Kale ½ c Roasted Pumpkin ½ c Cinnamon Baked Apple 1 c Milk Veg: Same
10 3 oz Yangs Mandarin Orange Chicken 1 c WG Rice ½ c Broccoli asian blend veg ½ c Snap Peas 1 Mandarin Oranges 1 c Milk Veg: 3 oz Tofu „Stir fry“ 3 oz	11 1 Oven Fried Chicken 3 oz 2 oz WG Corn Muffin ½ c Green Beans 1/2 C Bean Salad ¾ c Peach Cobbler 1 c Milk Veg: 3 oz Chix Strips	12 1.5 c Spaghetti & Meat Sauce ½ c Broccoli ½ c Sautéed Summer Squash ½ c Tangerine 1 oz WG Roll w/ butter 1 c Milk Veg: Spaghetti with Soy Beef	13 3 oz Chicken & Gravy ½ c Stuffing 1 oz gr 1 WG Dinner Roll & butter ½ c French Green Beans ½ c Seasoned Carrots ½ c Pear 1 c Milk Veg: 3 oz Chix Strips	14 3 oz Salmon with lemon dill sauce ½ c WG Quinoa 1 oz WG Dinner Roll w Butter ½ c Au Gratin Potatoes ½ c Spinach 3/4 c Cinnamon Baked Apple/Cinnamon Applesauce 1 c Milk Veg: same
PRESIDENT'S DAY'S 17 1 ¼ c Beef Pot Pie 3 oz m/ma, ½ c Carrots 2 oz WG Biscuit w/ butter ½ c Peas ½ c Orange 1 c Milk Veg: Soy Beef	18 3 oz BBQ Shredded Chicken 2 oz WG Combread w Butter 1 cup Braised Greens & Beans ½ c Peaches 1 c Milk Veg: 3 oz Chix Strips	19 3 oz Grilled Pollock (3 oz m/ma) 1 c WG Fettuccine alfredo ½ c Broccoli ½ c Italian Blend #6333256 zucchini, carrots, cauliflower, lima beans, green beans ½ c Fruit Cocktail 1 c Milk MOW Veg: Same CNP Veg: Vegan Fish	20 4 oz Salisbury Steak & Country Brown Gravy 2 oz WG Biscuit w Butter ½ c Butternut Squash ½ c Garlic Mashed Potatoes ¾ c Apple Cobbler 1 c Milk Veg: 3 oz Veggie Patty	21 1 c Arroz con Pollo 2 tenderloin 3 oz m/ma ½ c Vegetables (bell pepper onion tomato) ½ c WG Rice 1 oz 1 oz WG Roll w butter ½ c Black Beans ½ c Pears 1 c Milk Veg: Vegan Arroz con Pollo
24 Korean Beef over Quinoa ½ c Quinoa, 1/3 c beef 1 oz grain 3 oz m/ma 1 oz WG Roll w Butter ½ c Green Beans ½ c Sweet Potato ½ c Pineapple 1 c Milk Veg: 3 oz soy beef	25 ½ c Honey Lime Chicken 2 ½ oz m/ma ½ WG Pita 1 oz 1 c Curried Vegetable Couscous 1 oz gr, ½ c Veg Chickpeas, Zucchini, Carrots ½ Brussel Sprouts ½ c Cinnamon Baked Apple 1 c Milk Veg: Vegan Chicken	26 6 Swedish Meatballs 3 oz beef 1 cup WG Egg Noodle ½ c Beets ½ c Steamed Spinach ½ c Fruit Cocktail 1 c Milk Veg: ½ C Vegetable Meatballs w/ sauce	27 2 c Chicken Noodle Soup 3 oz m/ma 1 oz gr 1 WG Wheat Roll (1 oz) Butter ½ c Black Eyed Peas ½ c Butternut Squash ½ c Orange Wedges 1 c Milk Veg: Chickstrip Soup	28 3 oz Yangs Mandarin Orange Chicken 1 c WG Rice ½ c Roasted Cauliflower ½ c Steamed Greens ½ c Grapes 1 c Milk Veg: 3 oz Tofu „Stir fry“ 3 oz