

401 Hodencamp Road, Thousand Oaks www.seniorconcerns.org

805-497-0189

February Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Menu Is Sub To Chang	,	French Toast Breakfast Sausage Cucumber Salad Mixed Berries	2 Chicken Noodle Bake Whole Grain Roll Carrots Pears	Egg Salad Wraps Tortillas Green Salad Fresh Fruit
6	Taco Salad Mixed Veggies Whole Grain Bread Mandarin Oranges	7 Chicken Parmesan Whole Wheat Pasta Broccoli Applesauce	8 Macaroni & Cheese Mixed Veggies Fresh Fruit	9 Salisbury Steak Sweet Potatoes Green Beans Pineapple	Tomato Soup Grilled Cheese Carrots Diced Apples
1	Baked Cod Oven Fries Coleslaw Fruit Cocktail	14 Spaghetti & Meatballs Garlic Bread Italian Veggies Fresh Fruit	Turkey Chili w/Beans Corn Bread Mixed Veggies Pears	BBQ Chicken Baby Bakers Roasted Zucchini Peaches	Sloppy Joes Potato Salad Green Salad Mandarin Oranges
20	O Center Closed President's Day	Chicken Enchiladas Mexican Rice Broccoli Pears	Roasted Turkey Mashed Potatoes Glazed Carrots Applesauce	BBQ Pulled Pork Whole Grain Bun Corn Peaches	Tuna Melt Whole Grain bread Three Bean Salad Pineapple
2	7 Fish Picatta Rice Pilaf Zucchini Chips Diced Apples	Chicken Alfredo Whole Wheat Pasta Roasted Veggies Fruit Cocktail	Morning And Afternoon Snacks Are Served Daily. Lunch is Served from 11:30 to 12:30 pm Lunch Is Served With: Milk, Fruit And Bread Or Roll Unless Fulfilled By Another Approved Grain. Fish, Chicken Breast, Brown Rice And A Second Vegetable Are Available Upon Request.		