

# February 2022

To access ingredient content, call Senior Resources at 419-898-6459  
 REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent.  
 Heat for 1.5 to 2 minutes, depending on your appliances power level.

Mon	Tue	Wed	Thu	Fri
 <p><b>HAPPY GROUNDHOG DAY</b> February 2nd</p>	<p>1 Pot Roast w/Gravy Mashed Potatoes w/Gravy Baby Carrots Peaches White Roll</p>	<p>2 <b>Groundhog Day</b> Baked Chicken Sweet Potato Casserole Green Beans Grapes Wheat Roll</p> 	<p>3 Sloppy Joe Sandwich Potato Wedges Three Bean Salad Tropical Fruit</p>	<p>4 <b>Winter Olympics Begin</b> Veal Parmesan over Spaghetti California Blend Tossed Salad Pears Wheat Bread</p> 
<p>7 Beef &amp; Broccoli over Brown Rice Glazed Sugar Snap Peas Pineapple Wheat Bread</p>	<p>8 Spinach Artichoke Chicken Mashed Potatoes w/Gravy Lima Beans Strawberry Shortcake</p>	<p>9 Spaghetti and Meatballs Italian Green Beans Tossed Salad Peaches Garlic Toast</p> 	<p>10 Glazed Ham <b>Alt: Baked Chicken</b> Red Bliss Potatoes Brussel Sprouts Fruit Cocktail - Wheat Roll</p>	<p>11 Salisbury Steak w/Gravy Mashed Potatoes w/Gravy Malibu Blend Banana Wheat Roll</p> 
<p>14 <b>Valentine's Day</b> Maple Glazed Chicken Baked Potato w/ Sour Cream Broccoli Berry Applesauce Wheat Roll</p> 	<p>15 Roast Beef &amp; Cheddar Sandwich Lettuce/Tomato/Onion Chunky Vegetable Soup/Crackers Fresh Fruit Cup</p>	<p>16 Goulash Buttered Peas Betty Salad Fruited Gelatin Garlic Toast</p>	<p>17 Open Face Turkey Sandwich Mashed Potatoes/Gravy Mixed Vegetables Pineapple &amp; Oranges</p>	<p>18 Fire Braised Pork Oven Roasted Potatoes California Blend Fruit Cocktail Wheat Roll</p>
<p>21 <b>Presidents Day</b> No Home Delivered Meals Senior Centers Closed</p> 	<p>22 Honey Mustard Chicken Red Skin Mashed Potatoes Prince Charles Blend Fruited Gelatin White Roll</p> 	<p>23 Kielbasa &amp; Cabbage <b>Alt: Chicken Breast</b> German Potato Salad Grapes Wheat Roll <i>Genoa &amp; Oak Harbor Bday</i></p> 	<p>24 Roasted Turkey w/Gravy Homemade Stuffing Sweet Potatoes Green Bean Casserole Peaches <i>Port Clinton/Elmore Bday</i></p> 	<p>25 Stuffed Peppers Mashed Potatoes w/Gravy Buttered Corn Cinnamon Apples Wheat Roll <i>HDM &amp; Danbury Bday Treat</i></p>
<p>28 Chicken Chili/Crackers Baked Potato/Sour Cream Tossed Salad Fruit Cocktail Cornbread Muffin</p>	<p><b>CHINESE NEW YEAR</b></p> 		<p><b>YEAR Of The TIGER</b></p> 	<p><b>BLACK HISTORY MONTH</b></p> 