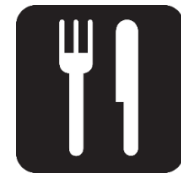




February Menu



Come to the Center Dining Room for Good Food, Fellowship and Fun
Monday and Wednesday 12:00 Call 802-468-3093

Monday

Wednesday

Reservations must be made by 9:30AM Friday for Monday's meal		Reservations must be made by 9:30AM Tuesday for Wednesday's meal
		February 1 25th Anniversary Chicken Marsala with Mushroom Sauce Cauliflower Green Beans with Black Beans Wheat Dinner Roll Pineapple & Yogurt Parfait
February 6 Beef Stew with potatoes and vegetables Brussel Sprouts Biscuit Applesauce Cake		February 8 Beef Steak Home Fries Peas & Carrots Wheat Bread Pumpkin Cookie with Craisins
February 13 Baked Macaroni & Cheese Brussel Sprouts Mixed Blend Vegetables Wheat Roll Brownie		February 15 BIRTHDAY DINNER Sweet Baby Rays B.B.Q. Chicken Vegetables with Lentils Broccoli Florets Wheat Dinner Roll Birthday Cake
February 20 CENTER CLOSED		February 22 Oven Fried Chicken Red Mashed Potatoes with Sour Cream Capri Blend Vegetables with lentils Dinner Roll Sliced Pears
February 27 Diced Beef with Potatoes and Burgundy Wine Sauce Broccoli Florets Craisin Muffin Fruit Cup		

The Community Center congregate meal service provides a nutritious meal
and opportunities for socialization - essential parts of a healthy lifestyle. Please join us!
For at home meals contact the Meals on Wheels Program-Southwestern Vermont Council on Aging.
1-800-642-5119 or 802-786-5990