

Jacksonville Senior Wellness & Activity Center, Inc.

February 2019

				1 Bacon Wrapped Pork Filet Candied Sweet Potatoes California Vegetables Wheat Bread Chilled Pineapple Skim Milk
4 Soft Beef Taco Ranch Beans Fruit Cup Brownie Skim Milk	5 Chicken Pot Pie Broccoli SF Wheat Roll/marg Chilled Peaches Assorted Cookies Skim Milk	6 Lasagna Green Beans SF Wheat Roll/marg Chilled Pears Skim Milk	7 Egg Roll Fried Rice Stir Fry Vegetables Chilled Pineapple Skim Milk	8 Chicken Tenders Mashed Potatoes Cream Gravy Mixed Vegetables SF Wheat Roll Fresh Orange Skim Milk
11 Glazed Meatloaf Mashed Potatoes Lima Beans Wheat Roll/marg Fruit Cup Skim Milk	12 Fish Sandwich with Cheese Tater Tots Lettuce and Tomato Banana Pudding Skim Milk	13 Ground Beef Stew Cornbread Fruit Cup Cookie Skim Milk	14 Chicken Tetrazzini Broccoli and Cauliflower Wheat Roll/Marg Chilled Peaches Skim Milk	15 Scrambled Eggs Sausage Hash browns Whole Grain Biscuit Country Gravy Fresh Orange Skim Milk
18 CLOSED President's Day	19 Spaghetti w/Meat Sauce Green Beans Breadstick Margarine Baked Apples Skim Milk	20 Chicken Enchilada Casserole Spanish Rice Fiesta Corn Fruit Cup Skim Milk	21 Chili Shredded Cheese Corn Crackers SF Fruit Cocktail Skim Milk	22 Fried Catfish Hushpuppies French Fries Cole Slaw Cake Skim Milk
25 Chicken Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Wheat Roll Chilled Peaches Skim Milk	26 Baked Chicken Breast Scalloped Potatoes Seasoned Asparagus Wheat Roll Chilled Pears Cookie Skim Milk	27 Goulash Green Beans Wheat Roll Margarine Fresh Orange Cookie Skim Milk	28 CLOSED A Taste of New Orleans	