

FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Souper Bowl !!	2 8 OZ SHEPHERD'S PIE 4 OZ CORN 1 BISCUIT 4 OZ MANDARIN ORANGES
5 4 OZ SPAGHETTI W/ 3 OZ MEATBALLS 2 OZ MARINARA SAUCE 4 OZ CAULIFLOWER & BROCCOLI MIX 1 GARLIC KNOT 1 ORANGE	6 Ham & Cheese Quiche W/ Bacon on the side	8 3 OZ SWEDISH MEATBALLS 2 OZ BEEF GRAVY 4 OZ EGG NOODLES 4 OZ PEAS 4 OZ SAUTED APPLES	9 Stuffed Peppers W Glazed Carrots	10 3 OZ BAKED CHICKEN 2 OZ GRAVY 4 OZ MASHED POTATOES 4 OZ BRUSSELS SPROUTS 4 OZ FRUIT COCKTAIL
12 3 OZ CHICKEN CORDON BLEU 4 OZ ROASTED RED POTATOES 3 OZ BEETS 4 OZ PEARS	13 Tomato Soup Mac & Cheese	14 VALENTINE'S DAY 3 OZ STUFFED SOLE 4 OZ WILD RICE 4 OZ SPINACH 4 OZ FRUIT JUICE 1 SUGAR COOKIE	15 Meatball Grinder W/ Cheese & Peppers	16 3 OZ POT ROAST 2 OZ BEEF GRAVY 4 OZ POTATOES 4 OZ CARROTS 4 OZ FRUITED JELLO
19 CLOSED PRESIDENT'S DAY	20 Hot Dog Beans	21 8 OZ CHILI 4 OZ MIXED VEGETABLES 1 CORN MUFFIN 1 APPLE	22 Stuffed Pork Roast Roasted Potatoes Corn	23 3 OZ BAKED CHICKEN 4 OZ RICE PILAF 4 OZ BROCCOLI 4 OZ PEACHES
26 3 OZ SALMON 1 OZ CRANBERRY GLAZE 4 OZ ROASTED POTATOES 4 OZ BROCCOLI 4 OZ TROPICAL FRUIT	27 Salisbury Steak W/ gravy Mashed Potatoes Corn	28 BIRTHDAY LUNCHEON 8 OZ CHEESE LASAGNA 4 OZ WINTER BLEND VEG 1 BREAD STICK 4 OZ FRUIT COCKTAIL 4 OZ FRUIT JUICE 1 SLICE BIRTHDAY CAKE	29 Chicken & Rice Casserole	

(Menu subject to change without notice)

Meals are served Monday – Friday @ 12:00pm to persons 60 years of age or older. Meal reservations need to be made 24 hours in advance by calling:

The East Haddam Senior Center @ (860) 873-5034 by 12:00pm.

\$4.00 donation is required