

**VALENCIA COUNTY OLDER AMERICAN PROGRAM  
MONTHLY MENU – February 2013**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>Thursday</b>	<b>FRIDAY</b>
				<b>1</b>
				Zucchini Salad Beef Lasagna Italian Vegetable Garlic Bread Milk Fruit
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Three Bean Salad Beef Tips/ Mushroom Sauce Carrots Rice-Milk Crackers-Fruit	Lettuce & Tomato Onion & Green Chile Cheeseburger Tator tots Bun Milk Fruit	Salad Chicken Strips Carrots Mashed Potatoes Corn Bread Milk- Fruit	Carrot Salad Ground Beef Steak Green Beans Mashed Potatoes Roll Milk Fruit	Tomato & Onion Salad Carne Adovada Calabacitas Refried Beans Tortilla- Milk Fruit
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Cole Slaw Sloppy Joes Onions & Jalapenos Potato Chips Bun- Milk Fruit	Salad Baked HamW/ Pineapple Glaze Green Beans Sweet Potato-Roll Milk-Fruit	Salad Seafood Creole Peas & Carrots Rice Bread-Milk Fruit	Tomato & Onion Salad Roast Pork Broccoli Mashed Potatoes Bread-Milk Fruit	Zucchini Salad Vegetarian Lasagna Italian Vegetable Garlic Bread Milk Fruit
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
3 Bean Salad Beef Stew Crackers Milk Fruit	Zucchini Salad Lettuce/Tomato/Salsa Beef Tacos Pinto Beans Milk Fruit	Tomato & Onion Salad Hot Turkey Sandwich Brussels Sprouts Mashed Potatoes Bread/Milk Fruit	3 Bean Salad Chicken/Mushroom Sauce Carrots Rice/Crackers Milk Fruit	Carrot Salad Cod Broccoli Scalloped Potatoes Roll Milk Fruit
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
Bean salad Beef Spaghetti Italian Vegetables Garlic Bread Milk Fruit	Green Chile Chicken Enchiladas Calabacitas Pinto Beans Milk Fruit	<b>Potluck &amp; Monthly Birthday Party with Fiddlers &amp; Musicians of New Mexico At Bosque Farms Community Center</b>	Cucumber Salad Chicken Salad Sandwich Lettuce & Tomato Chips Bread/Milk Fruit	