

February 2010


PLEASE GIVE 48 HOURS NOTICE TO HOLD A HOME DELIVERED MEAL. PLEASE GIVE 24 HOURS NOTICE TO RESERVE OR CANCEL A CONGREGATE MEAL. Each meal contains 1/3 of the current USDA/RDA, bread, margarine and a choice of 2%, skim or buttermilk. No salt is used in meal preparation. A separate renal menu is provided for home delivered meal clients. The suggested contribution is \$2.00 per meal for both subsidized and congregate meals for those 60 years of age and older. The full cost of a home delivered and congregate meal is \$5.50. If a waiting list exists in the congregate program, individuals 60 and over may receive a meal for \$4.65 (a sliding fee scale will be applied to those who qualify). Delivery times for Meals on Wheels are 10:30am to 2:00pm Monday-Friday. Senior Dining Centers in Montgomery County are: Charles I. Lathrem Ctr., Dakota Ctr., Ellison Senior Ctr., Ft. McKinley U.M. Church, Germantown Senior Ctr., Grand Place, Greater St. John Church, Harrison Twp. Ctr., Hoover Place, Huber Heights Senior Ctr., Huffman Place, Jewish Ctr., Legacy Pancake House, Lohrey Ctr., Miamisburg Senior Ctr., Moraine Civic Ctr., 958 Wilmington High Rise, Twin Towers Place, Wesley Ctr., Wentworth Apt., Vandalia Senior Ctr. Senior Dining Centers in Miami County are: Premier Senior Housing, Sunrise Center for Adults (Piqua), Troy Senior Ctr, Lincoln Square Rest.(Troy), Tall Tales Inn (Laura), Bulldog Diner (W.Milton). Call the Jewish Ctr. at (937) 854-0330 for more information regarding the Kosher menu. Call the Senior Resource Connection at (937) 228-3663 to hold or cancel a home delivered meal (ask for ext. 129 for information regarding meal ingredients only)

February 2010 MENU

APPROVED BY 

NUTRITION OFFICE: 937-228-3663

Toll Free 1-888-580-3663

MON	TUES	WED	THURS	FRI
1 3 oz Chicken Parmesan 1/2c Garlic Mashed Potatoes 1/2c Broccoli 4 oz Applesauce 1 ea Fresh Fruit Bread / Milk	2 1 c Chicken Stew 1/2c Green Beans 1/2c Pineapple Crisp Cornbread / Milk	3 3 ea Beef Ball Stroganoff 1/2c Noodles 1/2c Corn 1 bx Raisins 1 ea Fresh Fruit Bread / Milk	4 3 oz Hoagie Steak 1/2c Mashed Potatoes with gravy 1/2c Carrots 1 ea Fresh Fruit Bun / Milk	5 3 oz Baked Chicken 1/2c Rice Pilaf 1/2c Calif Blend Vegetables 1 ea Fresh Fruit Bread / Milk
8 1/2c Turkey ala King 1/2c Rice 1/2c Peas 1 ea Fresh Fruit 1 ea Applesauce Bread / Milk	9 3 oz Hamburger Pattie 1/2c Green Beans 1/2c Potato Cubes 1 ea Fresh Fruit Bun / Milk	10 1 c Baked Mostaccioli 1/2c Italian Green Beans 4 oz Applesauce 1 ea Fresh Fruit Bread / Milk	11 3 oz Meatloaf 1/2c Mashed Potatoes 1/2c Cabbage 4 oz Applesauce 1 ea Cookie Bread / Milk	12 1 c Chili 1/2c Mexicorn 1/2c Hot Apples 2 ea Graham Crackers Crackers / Milk
15 CLOSED PRESIDENT'S DAY	16 3 oz Sloppy Joe 1/2c Potato Cubes 1/2c Brussel Sprouts 1/2c Fruit Cocktail 2 ea Graham Crackers Bun / Milk	17 1c Chicken Tetrazini 1/2c Carrots 1/2c Hot Apples 1 ea Cookie Bread / Milk	18 1c Braised Beef & Noodles 1/2c Mixed Vegetables 1/2c Beets 1/2c Pears Bread / Milk	19 Creole Pork Chop 1/2c Red Beans & Rice 1/2c Squash 4 oz Applesauce 1 ea Fresh Fruit Bread / Milk
22 1c Spaghetti & Meatsauce 1/2c Italian Green Beans 4 oz Applesauce 1 ea Fresh Fruit Bread / Milk	23 3 oz Oven Fried Chicken 1/2c Parslied Potatoes 1/2c Calif Blend Vegetables 1/2c Mandarin Oranges 2 ea Graham Crackers Bread / Milk	24 3 oz Salisbury Steak 1/2c Garlic Mashed Potatoes 1/2c Lima Beans 4 oz Applesauce 1 ea Cookie Bread / Milk	25 3 oz Hot Dog 1/2c German Potato Salad 1/2c Carrots 1 bx Raisins 1 ea Fresh Fruit Bun / Milk	26 3 oz Salmon Pattie 1/2c Herb Rice 1/2c Spinach 1 ea Fresh Fruit Bread / Milk
Suggested Contribution \$2.00 per meal. Contributions are used to enhance the overall meal program and help meet rising food and transportation costs	Fresh Fruit is NOT Pre-washed 	These meals may contain or be produced with one or more of the following known allergens: Soy, Wheat, Egg, Milk, Fish, Peanuts and Treanuts		