

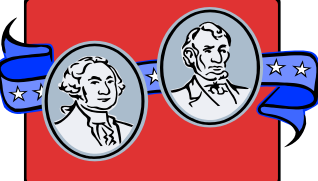
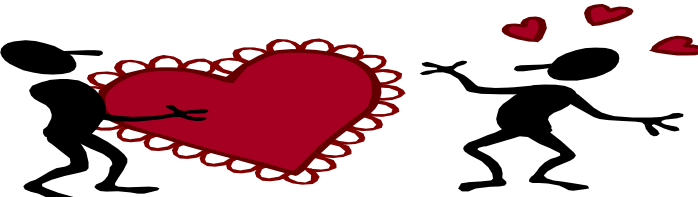



February, 2012

**Community Action Agency of Butte County, Inc.**  
**Senior Nutrition Program**  **Congregate Lunch Menu**  
**Serving Butte, Sutter & Yuba Counties**

*There is no obligation to contribute & a contribution is purely voluntary. You will be provided a meal whether you donate or not.*

*Suggested Meal Donation: \$2.50 for Seniors*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>02/01</b> Reuben Sandwich w/Swiss Cheese Sauerkraut+ German Potato Salad+ Rye Bread Fresh Pear+	<b>02/02</b> Baked Chicken Thigh Zucchini & Stewed Tomatoes+ Broccoli*+ Brown Rice Pilaf Tropical Fruit Cup*+	<b>02/03</b> Corned Beef & Cabbage+ New Potatoes & Carrots*+ Whole Grain Bread Fresh Granny Smith Apple
<b>02/06</b> BBQ Chicken on a Bun Potato Salad + Sautéed Brussels Sprouts+ Whole Grain Bun Apricots Crisp*	<b>02/07</b> Garden Chile ▼ Spinach* Green Beans+ Whole Grain Corn Muffins Fresh Banana+	<b>02/08</b> Creole Baked Fish ♥ ☀ Cajun Veggies*+ Sweet Potato Crunch* Rice Pilaf Pineapple Tidbits+	<b>02/09</b> Chinese Pepper Steak ☀ with Veggies+ over Brown Rice Baby Carrots* Steamed Cabbage+ Fresh Apple*+	<b>02/10</b> Roast Turkey w/gravy Red Potatoes+ Sautéed Spinach & Garlic*+ Whole Grain Roll Triple Berry Crisp+
<b>02/13</b> Pork Chop Baked Sweet Potato* Green Beans+ W/G Roll Fresh Kiwi +	<b>02/14 VALENTINES DAY</b> Chicken Teriyaki ☀ Fried Brown Rice Asian Vegetables*+ Spinach* w/ Lemon+ Fresh Mandarins+ 	<b>02/15</b> Beef Tamale Pie Spinach Salad* w/Red Onion+ Glazed Carrots * Whole Grain Corn Muffin Hot Spiced Apples	<b>02/16</b> Oven Fried Chicken Capri Veggies*+ Butternut Squash * Whole Grain Roll Fresh Banana+	<b>02/17</b> Fish Scandia ♥ Mixed Vegetables * Parsley Red Potatoes+ Multi-Grain Roll Tropical Fruit Cup+
<b>02/20 President's Day</b> 	<b>02/21</b> Hearty Beef Stew Veggies in Stew*+ Spinach*+ Biscuit Hot Spiced Peaches*+	<b>02/22</b> Jumpin Jambalaya Swiss Chard*+ Sweet Potatoes* Whole Grain Corn Muffins Fresh Blueberry Crisp*+	<b>02/23</b> Multi-Bean Soup Ham Sandwich on W/W Bread w/Romaine+ & Tomato+ Broccoli Salad *+ Pineapple Tidbits+	<b>02/24</b> Tuna Stuffed Tomato On bed of Romaine w/Carrots*+ 3-Bean Salad*+ Applesauce*+ W/W Bread
<b>02/27</b> Braised Beef Tips over Noodles Peas & Carrots *+ Romaine Salad + w/Tomato+ Cinnamon Applesauce +	<b>02/28</b> Roast Turkey Mashed Potatoes + w/ Gravy Spinach* Whole Grain Roll Apricot Crisp*	<b>02/29 Leap year</b> Baked Potato Bar+ w/ Veggie Chili ▼ Sour Cream & Chives Broccoli* + Whole Grain Bread Fresh Red Pear*+		

+ = Vitamin C \* = Vitamin A  = High Sodium ♥ = Heart Healthy ☀ = Ethnically Oriented Meal ▼ = Vegetarian 8 oz of 1% milk served with every meal

Senior Nutrition Program is partially funded by Area 3 Agency on Aging in Butte County and Area 4 Agency on Aging in Sutter & Yuba Counties