

February 2012 - Ionia County Commission on Aging



Feb 6
Turkey
Red Bliss Potatoes
Scandinavian Blend
Corn Muffin
Ambrosia Salad

Feb 7
Mac and Cheese
Stewed Tomatoes
Coleslaw
Dinner Roll
Pear Halves

Feb 1
Chicken and Rice Soup
Peas
Veggies in soup
Rice
Crackers
Fruit

Feb 8
Bean Soup
Peas
Carrots
Crackers
Apples Crisp

Feb 2
Oven Baked Fish
Baked Potato
Carrots
Dinner Roll
Peaches

Feb 9
Valentine Party Menu
Pulled BBQ Pork
Cheesy Potatoes
Winter Blend
Sour Dough Roll
Cherry Pie



Feb 3
Chicken Teriyaki
Oriental Blend
Corn
(over rice)
Mixed melon

Feb 10
Hamburger on bun
(w/ braised onions)
Country Potatoes
Corn
Pineapple

Feb 11
Beef Stroganoff
Broccoli
Corn
Noodles
Apple Juice

Feb 12
Liver N-Onions
Winter Blend
Dutch Potatoes
Dinner Roll
Orange
Ionia Site - Soup & Sandwich

Feb 13
Sliced Ham
Scalloped Potatoes
Green Beans
Wheat Bread
Blueberry Crisp

Feb 14
Beef Stew
w/ vegetables
Winter Squash
Biscuit
Sliced apples

Feb 15
Lemon Chicken
Creamed Potatoes
Carrots
Dinner Roll
Fruit Cocktail

Feb 20
President's Day
Com on Aging Closed

Feb 21
Baked Spaghetti
Cauliflower
Broccoli
(noodles)
Pineapple Tidbits

Feb 22
Pollock Almondine
Whipped Potatoes
Peas and Carrots
Fresh Baked Bread
Peach Cobbler

Feb 23
Potato Soup w/ Ham
Tossed Salad
Crackers
Fruit Cocktail

Feb 24
Chicken Alfredo
Winter Blend
Green Beans
(noodles)
banana

Feb 27
Tilapia Fillet
Mixed Vegetables
Mashed Potatoes
Dinner Roll
Apple

Feb 28
Veg Beef Soup
Corn
Crackers
Diced peaches

Feb 29
Cricken Noodle Parmesan
Broccoli
Cauliflower
(noodles)
Apple Crisp



Leap Year



Weekly Option

Hot dog

Goulash

Marinated
Chicken breast

Salisbury
Steak

Hamburger
on bun

Suggested Donation \$3.00 per meal.

Menu is subject to change without notice.

*These foods are moderate to high in carbohydrates. All foods effect blood sugar. Carbohydrates have the most effect. Carbohydrates are found in breads, cereals, grains, fruit, milk, vegetables and sweets. Eating the same amount of carbohydrates at each meal can help you control your blood sugar. It is not healthy to avoid carbohydrates entirely.