

# February

# Menu

Please make a donation at [sco.org/aging-adult-services](http://sco.org/aging-adult-services) to help provide meals for seniors. **Meals on Wheels menus may vary.**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
|   |   |   |   | TACO SALAD<br>Seasoned Ground Beef<br>Pinto Beans<br>Spinach/Romaine Salad<br>Flour Tortilla<br>Seasonal Fresh Fruit<br>Salad Dressing 1 |
| CHICKEN BREAST<br>Sesame Sauce for Chicken<br>Brown Rice<br>Capri Blend Vegetables<br>Pineapple Tidbits 4                         | <u>BIRTHDAY MEAL</u><br>MEATLOAF w/ Brown Gravy<br>Mashed Potatoes<br>Stewed Tomatoes<br>Seasonal Fresh Fruit<br>Birthday Cupcake 5 | BREADED FISH<br>Tartar Sauce<br>Tator Tots<br>Mixed Vegetables<br>Fresh Banana 6  | SLICED ROASTED TURKEY<br>w/ Poultry Gravy<br>Bread Stuffing<br>Green Peas<br>Fruit Cup<br>Whole Wheat Roll/Butter 7   | RIBBLETT PATTY<br>BBQ Sauce<br>Bun<br>Italian Blend Vegetables<br>Canned Fruit<br>Pumpkin Cookie 8                                       |
| SALISBURY STEAK<br>Brown Gravy<br>Roasted Red Potatoes<br>Scandinavian Blend Vegetables<br>Mandarin Oranges<br>Vanilla Pudding 11 | ROAST PORK<br>Apple Berry Sauce<br>Mashed Potatoes<br>Mixed Vegetables<br>Tropical Mixed Fruit 12                                   | BEEF ENCHILADA BAKE<br>Whole Kernel Corn<br>Carrot Raisin Salad<br>Pears 13   | <u>VALENTINE'S DAY MEAL</u><br>TURKEY POT ROAST<br>Poultry Gravy/Mashed Potatoes<br>California Blend Vegetables<br>Ambrosia-Pineapple/Orange<br>Sugar Cookie 14 | <u>PRESIDENT'S DAY MEAL</u><br>BRATWURST w/ Hot Dog Bun<br>Tator Tots<br>Spiced Apple Slices<br>Mixed Vegetables<br>Apple Cobbler 15     |
| CLOSED FOR<br>PRESIDENT'S DAY 18  | PORK & NOODLES<br>Green Beans<br>Carrots<br>Whole Wheat Roll<br>Orange Gelatin<br>Butter 19   | CHICKEN BREAST<br>Cream Sauce<br>Brown Rice<br>Green Peas<br>Spinach/Romaine Salad/Dressing<br>Chocolate Chip Cookie 20 | RIBBLETT PATTY<br>BBQ Sauce<br>Bun<br>Whole Kernel Corn<br>Fresh Orange<br>Lettuce & Onion 21   | TURKEY POT ROAST<br>Poultry Gravy<br>Mashed Potatoes<br>Mixed Vegetables<br>Whole Wheat Roll/Butter<br>Tropical Mixed Fruit 22           |
| PORK CARNITAS<br>Whole Kernel Corn<br>Refried Beans<br>Flour Tortilla<br>Fresh Apple 25   | CHEESE OMLET<br>w/ Southwest Sauce<br>Breakfast Turkey Sausage<br>Red/Green Bell Pepper & Onion<br>Hashbrown<br>Fresh Banana 26     | CHEESEBURGER<br>Scandinavian Blend Vegetables<br>Lettuce/Tomato/Onion<br>Vanilla Pudding<br>Mayo/Mustard/Ketchup 27     | BAKED CHICKEN THIGH<br>Marsala Sauce<br>Penne Pasta<br>Mixed Vegetables<br>Spinach/Romaine Salad/Dressing<br>Sugar Cookie 28                                    |  |

**Alternate meals for February\*:**

**Week 1** – Sliced Turkey, Lettuce & Tomato, Provolone Cheese, Cream of Broccoli Soup

**Week 2** – Sliced Ham, Swiss Cheese, Lettuce & Tomato, Beef Chili w/ Beans

**Week 3** – Chicken Salad, Lettuce & Tomato, Chicken Noodle Soup

**Week 4** – Sliced Turkey, Lettuce & Tomato, Cheddar Cheese, Cream of Tomato Soup

**Week 5** – Chicken Salad, Lettuce & Tomato, Potato Chowder

*\*Alternate meals at select senior centers only  
All meals served with 8 oz milk and appropriate condiments*



# Heart Health Presentation

The American Heart Association and Salt Lake County Aging and Adult Services would like you to join us for a special presentation with Doctor Daniel Cox. Dr. Cox is pediatric and adult congenital cardiologist who specializes in diagnosing and treating people with congenital heart problems at all ages. Dr. Cox will be speaking on and answering questions about heart health.

**When:** Thursday, February 21 from 9:30 - 11:00 AM.

**Where:** Salt Lake County Government Building  
2001 South State Street  
**Council Chambers**  
(North building, first floor)

**Open to the public and registration is not required.**

If you are a senior in need of transportation please inquire at your local senior center.

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