



Lunch is served from
11:00pm-1:00pm Daily
Times vary by center



FEBRUARY 2013



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menus are subject
to change without



Menu Created by
Josie Atiano



Cook at the Santa Cruz Senior Center

1
Creole Pork Chop
Pasta
Carrots
W/margarine & sliced Almonds
French Bread W/Margarine
Mandarine Oranges

2

5

6

7

8

Chicken Fried Steak
Mased Potatoes
White Gravy
Peas
Whole Wheat Bread
Brownies W/Pecans

Spaghetti
With Meatbals and Sauce
Tossed Salad
Green Beans
Garlic Bread
Jello W/Fruit & whipped topping

Pork Roast
Baked Potato (S. Cream & Butter)
Corn on the cob
Whole Wheat Rolls
Green Salad with dressing
Pineapple Upside-Down Cake

BBQ Chicken
Parsley Potatoes
coleslaw with Pineapple
Mixed Vegetables
Whole Wheat Roll
Chocolate Pudding

Smothered Red Chile Burrito
With Beef, Beans and Cheese
Lettuce and Tomato Garnish
Corn
Peanut Butter Cookies

11

12

13 Ash Wednesday

14

15

Open-Faced Turkey Sandwich
With Turkey Gravy
Broccoli with Cheese
Green Salad with Dressing
Pumpkin Muffins

Beef Fajitas
Pinto Beans
Spanish Rice
Whole Wheat Tortillas
Pico de Gallo
Cottage Cheese with Peaches

Salmon Patties
Torta in red Chile
Small baked red potatoes
Pinto Beans
Tortillas
Flan

BBQ Pork Ribs
Green Salad
tubed baked potato W/Garlic & Onion
Cole slaw
Whole Wheat Bread
Angelfood Cake W/cherry filling

Tuna Salad
on a whole wheat roll
Leaf lettuce & tomato garnish
Frito chips
Lime Jell-O with Bananas

18

19

20

21

22

Polish Sausage
Saurkraut
Carrot & Raisin Salad
3 Bean Salad
Whole Wheat Roll
Chocolate Pudding

Green Chile Cheese Burger
French Fries
Lettuce Tomato and Onion
Pork & Beans
Ice Cream

Chicken Breast
W/egg noodles & Alfredo Sauce
Corn & Peppers
Whole Wheat Rolls
Peaches and Strawberries
with whipped topping

Liver & Onions
Scalloped Potatoes
Spinach
Cucumber salad
Whole Wheat Roll
Oatmeal cookies

Veggie Pizza W/Mushrooms
Purple onion, peppers & Jalapeno
Spinach with Mozzarella cheese
Green Garden Salad
Rotini Pasta W/Maranara sauce
Apple Crisp

25

26

27

28

Beef Tacos
Pinto Beans
Spanish Rice
Lettuce and tomato Garnish
Homemade Salsa
Purple plums

Baked Tilapia W/Tartar sauce
Tater Tots
Creamy Coleslaw
Green Beans
Biscuit
Cherry Pie W/Whipped Topping

Meatloaf
Baked Potato with Sour Cream
Green Salad with Dressing
Asparagus
Whole Wheat Rolls
White Cake topped with Cherries

Lentil Stew
Green Beans W/Almonds
Corn Bread with Jalapenos
Cantaloupe/Melon
Green Grapefruit bowl

Lunch is served
with 2% milk

