

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Fish Baby Bakers California Blend Vegetables Fruit Cup Lemon Pudding	2 Swedish Meatballs Sweet Potato Tots Green Beans Blueberries
5 Baked Chicken Mashed Potatoes & Gravy Country Trio Vegetables Apricots	6 BBQ Pork on Bun Baked Beans Coleslaw Strawberries	7 Beef Pot Roast Roasted Potatoes, Carrots & Onions Fruit Cocktail Diced Apples	8 Minestrone Soup Carrots w/Ranch Crackers Fruit Cocktail	9 Biscuits & Gravy Egg Casserole Granola Bar Banana
12 Pork Fritter w/Bun Seasoned Potatoes Cheesy Cauliflower Peaches	13 Green Pepper Casserole Peas & Carrots Apple Dessert Bar	14 Salmon Seasoned Red Potatoes Vegetable Blend Fruited Jello	15 Chicken Gumbo Soup Crackers Broccoli & Cauliflower Banana	16 Salisbury Steak Cheesy Mashed Potatoes Green Beans Cinnamon Applesauce
19 Chicken & Gravy over Biscuit Normandy Vegetables Choice of Fruit	20 Taco Casserole Corn Mandarin Oranges Cookie	21 Pork Loin Herbed Rice Country Trio Vegetables Cranberry Poached Pears	22 Chicken Noodle Soup Crackers Celery w/Peanut Butter Strawberries	23 Tuna Noodle Casserole w/Peas Seasoned Vegetable Apricots
26 BBQ Chicken Breast Baked Beans Carrots Peaches	27 Philly Cheesesteak Bake Parslied Cauliflower Blush Cinnamon Pears Pudding	28 Pizza Burger Chips Broccoli Salad Applesauce Cookie	29 Swiss Steak Mashed Potatoes w/gravy Creamed Corn Roll Blueberries	

AdultLife Community Center for Adults 60+ (515) 462-1334

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.
Menus may change without notice due to supply availability from our food vendors.

Stephanie Labenz MS, RD, LD
Stephanie Labenz MS, RD, LD