





# THE LIGHTER SIDE OF SENIOR DINING

February 2012

Catholic Charities Menu Choices for the Light Meal Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Baked Potato topped with Chili & Cheese Italian Lettuce Salad Dinner Roll Cherry Apple Pie 	2 Beef Enchalada Mexican Rice Lettuce, Tomato & Onions Refried Beans Sugar Cookie	3 Broccoli Cheese Quiche Fresh Fruit Breadstick Mandarin Oranges
6 Chicken Stir Fry with Stir Fry Vegetables Rice Garden Salad Peaches	7 Chef's Salad: Lettuce, Meat, Cheese & Vegetables Breadstick Jello Poke Cake	8 Chicken Vegetable Pasta Toss Crunchy Romaine Salad Fruit Cocktail	9 Sausage Quiche Fried Potatoes Fruit Cup Muffin Chocolate Oatmeal Bar	10 Fish Fillet Sandwich Seasoned Potato Wedges Peas Lemon Chiffon
13 Cashew Chicken & Broccoli Rice Mandarin Almond Salad Ice Cream	14 Taco Salad Breadstick Cherry Cheesecake 	15 Club Sandwich Minestrone Soup Cucumber Slices Snickerdoodle Cookie	16 Specials of the Day	17 Black Bean & Rice Burritos Lettuce, Tomato & Onions Refried Beans Peanut Butter Bar
20 Sweet & Sour Pork Rice Mandarin Oranges Pears	21 Stuffed Green Pepper Fresh Fruit Cup Dinner Roll Chocolate Mousse	22 <b>Ash Wednesday</b>  <b>No Lighter Side</b>	23 Chicken Spinach Salad Breadstick Raspberry Parfait	24 <b>Lent</b>  <b>No Lighter Side</b>
27 Chicken Chili Italian Lettuce Salad Vegetable Sticks Dinner Roll Pudding	28 Chicken Caesar Salad Breadstick Frosted Cake	29 Turkey, Bacon & Ranch Wrap Cream of Potato Soup Fresh Fruit Gelatin	<p>1% milk is served with every meal. Menu is subject to change. Suggested contribution for persons 60+ and volunteer is \$3.50 - \$7.00. No one 60+ is denied a meal based on their ability to pay. Guests under 60 pay \$7.00. Call between 10:30 am - 1:00 pm for more information. Partially funded under contract with the Central Minnesota Council of Aging as part of the Older Americans Act and Administered by Catholic Charities of the Diocese of St Cloud.</p>	