

# FEBRUARY 2024


## VALLEY SENIOR SERVICES: RANSOM SARGENT REGIONAL MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL

SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Parmesan Chicken w/Marinara Sauce Whole Wheat Pasta Italian Vegetable Blend Seafoam Salad (jello-based) Whole Wheat Breadstick	Seasoned Pork Roast Roasted Red Potatoes Roasted Brussels Sprouts Whole Wheat Bread x2 Fresh Fruit
5	6	7	8	9
Chicken Marsala Smashed Potatoes Green Beans Whole Wheat Bread x2 Pineapple tidbits	Beef Tacos w/cheese Whole Grain Tortilla x2 Black Beans Mixed Vegetables Apricots	Roast Turkey w/Gravy Mashed Potatoes Parslied Carrots Pears Whole Wheat Bread x2	Hickory Smoked BBQ Pulled Bork Baked Sweet Potato Hawaiian Coleslaw Cornbread Fresh Fruit	Beef Stroganoff Noodles Broccoli House Salad Applesauce Whole Wheat Bread
12	13	14	15	16
Chicken Noodle Casserole Steamed Peas Crinkle Cut Carrots Whole Wheat Bread Tropical Fruit Mix	BBQ Beef Patty Whole Wheat Bun Baby Baker Potatoes California Blend Vegetables Fesh Fruit	Herb Roasted Fish Baked Sweet Potato Green Beans Whole Wheat Bread x2 Valentine's Day Dessert	Sweet & Sour Pork Brown Rice Steamed Broccoli Tossed Salad w/dressing Whole Wheat Bread Pineapple tidbits	Swedish Meatballs Mashed Potatoes Beets Whole Wheat Bread x2 Scalloped Apples
19	20	21	22	23
<b>Closed</b> 	Beef Stew Parslied Carrots 1 Biscuit Whole Wheat Bread Pears	BBQ Chicken Breast Baked Potato w/sour cream Broccoli Whole Wheat Bread x2 Tropical Fruit	Meatloaf Mashed Potatoes & gravy Brussels Sprouts w/Bacon Whole Wheat Bread x2 Fresh Fruit	Tuna Noodle Casserole Steamed Corn Tossed Salad w/dressing Whole Wheat Bread Spiced Apples
26	27	28	29	March 1st
Tarragon Chicken Baked Sweet Potato Cauliflower Whole Wheat Bread x2 Mandarin Oranges	Lutheran Hotdish Mixed Vegetables Creamed Carrots Whole Wheat Bread Peaches	Braised Pork Chop Baked Potato w/sour cream California Blend Vegetables Whole Wheat Bread x2 Fresh Fruit	Sloppy Joe Whole Wheat Bun Tator Tots Peas & Carrots Blushing Pears	