

Senior Meals and Services	Noon Meal Calendar For Espresso Café - Cando Call 968-3809 The Day Prior for Reservation				Month of February 2025
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Bread 3 Baked Chicken Thighs Cheesy Rice Casserole Candied Carrots Cherry Fruit Salad	Bread 4 Baked Pork Chops Buttered Red Potatoes Mixed Vegetables Apple Crisp	5 LS = low sodium Salad: tossed, fruit, coleslaw, potato, macaroni w/peas	6	7 Bread Minestrone Soup Ham & Cheese Sandwich Pineapple Tidbits	
Bread 10 Parmesan Chicken Marinara Sauce Herbed Penne Pasta Italian Vegetable Blend Apple Slices	11 Banana Nut Pancakes Beef Hash Hash brown Patty Blueberries	12 Menus subject to change upon availability	13	14 Dinner Roll Ham Scalloped Potatoes Sweet Potatoes Cherry Cheesecake	
Biscuit 17 Chicken & Dumpling Herbed Green Beans House Salad w/dressing Yogurt w/Fruit	Bread 18 Lemon Pepper Fish Au Gratin Potatoes Green Beans Peach Cobbler	19	20	21 Bread Porcupine Meatballs Cheesy Broccoli Garlic Mashed Potatoes Orange Slices	
Bun 24 Grilled Chicken Lettuce/Tomato/Onion French Fries Apple Sauce	Breadstick 25 Spaghetti w/Meat Sauce Green Beans House Salad w/Dressing Peaches	26	27	28 Bun Roast Beef/Am Cheese Oven-Browned Potatoes Beets Oranges w/Whipped Topping	
Garlic Toast 3 Lasagna Corn House Salad w/Dressing Pears	Bun 4 Fish Sandwich Cole Slaw Carrots Fruit Cocktail	5	6	7	
Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update.				Age 60 and over: Suggested Contribution for Congregate and Home Delivered Meals is \$5.00, Contribute as you are able. Those under 60 or who do not complete a registration form must pay \$14.79.	