

**Senior Center
Meal Program
Extra Offerings**

Soup & Salad Bar
Served Monday
thru Thursday.

11:30 am - Lunch
4:30 pm - Dinner

Soup/Salad Bar
\$2.50

Dessert is offered
on the Salad Bar
when offered on the
menu.

Bowl of Soup
\$1.00
per bowl

Salad Bar
One Salad Item
In One Bowl
\$1.00

Milk \$0.30

Satellite Meals

Frederic/Maple
Forest @ Frederic
Community Building

Lovells @
Lovells Township
Bldg

Please call the Senior
Center at 348-7123 to
make a reservation for
a Satellite Meal.

**Crawford County Commission
on Aging & Senior Center**

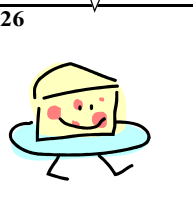
Sunday Monday Tuesday

COA Invites Qualified Under 60 to Eat for Donation

If you are a non-senior with SSI or SSD
and live with a senior 60+, you can both eat for the
suggested donation of \$2.50 per meal.
Please see a COA staff member to sign up.

**Tired of
cooking?
Seniors eat
for only \$5.00
including
Soup/Salad
Bar
You can't
beat that
deal!**

Meal Pricing
Under 60
Cost \$4.75
60+ \$2.50
(Suggested Donation)



5 Lunch
Chicken Tenders
Scalloped Potatoes
Green Beans
Fresh Orange

Dinner
Spaghetti w/ Meat Sauce
Com, Cauliflower
Garlic Toast, Pears

6 Lunch
Chicken Stir Fry w/ Rice
Asparagus
Pineapple

Dinner
Baked Ham
Mashed Sweet Potatoes
Italian Blend Vegetables
Pineapple

7 Lunch
Bratwurst on a Bun
Sauerkraut, Carrots
Fruit Cocktail

Dinner
BBQ Chicken Breast
Baked Potato
Mixed Vegetable
Blueberry Yogurt
Brownie

8 Lunch
Porcupine Meatballs
Mashed Potatoes
Broccoli, Wax Beans
Mandarin oranges
Apple Turnover

Dinner
Pork Chops
Boiled Redskins
Peas, Prince Charles Blend
Applesauce

9 Lunch
Beef Goulash
Cauliflower, Peas
Grapes

Dinner
Liver & Onions
Mashed Potatoes, Carrots
Peaches

10 Lunch
Lemon Pepper Chicken
w/ Noodles
Carrots, Peas
Sliced Apples

Dinner
Swiss Steak w/ Gravy
Parsley Redskins
Brussels Sprouts
Plums

11 Lunch
Breaded Chicken Sandwich
Peas, Potato Salad
Fresh Orange

Dinner
Salisbury Steak
Mashed Potatoes w/ Gravy
Prince Charles Blend
Apricots

12 Lunch
Stuffed Florentine Shells
Broccoli, Cauliflower
Peaches

Birthday Dinner
Herb Marinated Chicken
Breast
Oven Roasted Potatoes
Stewed Tomatoes, Plums
Cake & Ice cream



February 2012



Wednesday Thursday Friday Saturday

1 Lunch
Sloppy Joe
Obrien Potato, Cole Slaw
Plums

Dinner
Baked Chicken
Sweet Potatoes
Prince Charles Blend
Applesauce, Lemon Bar

2 Lunch
Lasagna
Italian Blend Vegetables
Garlic Toast, Apricots
Carrot cake

Dinner
Roast Beef
Mashed Potatoes w/ Gravy
Mixed Vegetables
Peaches

3 Lunch
Chicken Cordon Bleu
Boiled Potatoes
Asparagus
Banana

No Dinner

**4 Invite A
New Friend
Over 60
Years Old
&
You Both
Eat Free!!**

5 Lunch
Chicken Tenders
Scalloped Potatoes
Green Beans
Fresh Orange

Dinner
Spaghetti w/ Meat Sauce
Com, Cauliflower
Garlic Toast, Pears

6 Lunch
Bratwurst on a Bun
Sauerkraut, Carrots
Fruit Cocktail

Dinner
BBQ Chicken Breast
Baked Potato
Mixed Vegetable
Blueberry Yogurt
Brownie

7 Lunch
Porcupine Meatballs
Mashed Potatoes
Broccoli, Wax Beans
Mandarin oranges
Apple Turnover

Dinner
Pork Chops
Boiled Redskins
Peas, Prince Charles Blend
Applesauce

8 Lunch
Hamburger on a Bun
Lettuce & Tomato
Potato Salad, Baked Beans
Watermelon

Dinner
Breaded Cod
Cole Slaw, Green Beans
Applesauce
Carrot Cake

9 Lunch
Pork Roast w/ Stuffing
Peas & Carrots
Pineapple

Valentines Day Dinner
Baked Meatloaf
Mashed Potatoes & Gravy
Succotash Corn Blend
Pineapple & Cherries
Strawberry Shortcake

10 Lunch
Beef Burrito
Lettuce & Tomato
Fiesta Rice, Green Beans
Pineapple, Brownies

Dinner
Pepperoni Pizza
Cole Slaw, Asparagus
Sliced Oranges

11 Lunch
Roast Beef
Mashed Potatoes w/ Gravy
Brussels Sprouts
Peaches

No Dinner

12 Lunch
Lemon Pepper Chicken
w/ Noodles
Carrots, Peas
Sliced Apples

Dinner
Swiss Steak w/ Gravy
Parsley Redskins
Brussels Sprouts
Plums

13 Lunch
Breaded Chicken Sandwich
Peas, Potato Salad
Fresh Orange

Dinner
Salisbury Steak
Mashed Potatoes w/ Gravy
Prince Charles Blend
Apricots

14 Lunch
Stuffed Florentine Shells
Broccoli, Cauliflower
Peaches

Birthday Dinner
Herb Marinated Chicken
Breast
Oven Roasted Potatoes
Stewed Tomatoes, Plums
Cake & Ice cream

15 Lunch
Fried Chicken
Scalloped Potatoes
Baked Beans, Apple

Dinner
Shepards Pie
Cauliflower
Grapes

16 Lunch
Salmon Patty
Baked Potato, Corn
Winter Blend Vegetable
Pears

Dinner
Stuffed Peppers
Carrots, Sliced Beets
Fruit Cocktail

17 Lunch
Macaroni & Cheese
Mixed Vegetables
Brussels Sprouts
Mixed Fruit

Dinner
Baked Ham
Sweet Potatoes
California Blend
Apple Turnover

18 Lunch
Roast Beef
Mashed Potatoes w/ Gravy
Corn
Orange Sections

No Dinner

19 Lunch
BBQ Pork on a Bun
Cole Slaw
Brussels Sprouts
Apple

No Dinner

20 Lunch
Stuffed Cabbage
Mashed Potatoes
Carrots, Peas

Dinner
Tuna Steak
Scalloped Potatoes
Peas
Applesauce



**Lunch is Served
Monday -Friday
at 12pm**



**Dinner is
Served
Monday-
Thursday
at 5pm**

**Free Congregate Meal
Coupon For Seniors 60+**
Graying Senior Center
308 Lawndale, Graying
Must be a first time meal.

Located
Behind
Burger King

