













APOLLO

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 Hawaiian Pork Chop 1/2c Blended Rice Pilaf 1/2c Island Blend Vegetables White Bread 1/2c Sliced Apples	5 Sloppy Joe 1/2c Ranch Seasoned Potatoes 1/2c Green Beans WG Sandwich Roll Cookie 	February Birthdays Chicken Picatta 1/2c Pasta 1c Tossed Salad w/Tomato & Drsg Italian Bread Birthday Cupcake	7 Country Fried Chicken w/2oz Creamy Gravy 1/2c Whipped Potatoes 1/2c Peas & Carrots WG Mini Biscuit Fresh Fruit	8 Warm Roast Beef Sandwich w/Cheese & Au Jus 1c Homemade Vegetable Soup w/Crackers Sandwich Roll 1/2c Pineapple Tidbits
11 Baked Ham w/Raisin Sauce 1/2c Whipped Sweet Potatoes 1/2c Harvard Beets White Bread Fresh Fruit 	12 Greek Chicken Salad Chicken, Blk Olives, Red Onion, Tomato, & Mozzarella Cheese 1c Mixed Greens w/Dressing 1c Bean Soup w/Crackers Dinner Roll Cookie	13 Pork w/Kraut Topping 1/2c Creamed Potatoes & Peas Hot Dog Roll Mustard Pkt 1/2c Warm Cinnamon Applesauce	Happy Valentine's Day Baked Meatloaf Marinara w/Mozzarella Topping 1/2c Garlic Whipped Potatoes 1/2c Parmesan Corn Wheat Bread 1/2c Strawberry Mousse 	15 Creamy Chicken Divan over 1/2c White Rice 1c Tossed Salad w/Tomato & Drsg Breadstick 1/2c Mandarin Oranges
18 CLOSED	19 Pork Ribette 1/2c Seasoned Potatoes 1/2c Baked Beans Dinner Roll 1/2c Peaches 	20 Swiss Steak w/2oz Onion Gravy 1/2c Cabbage & Noodles 1/2c Carrots Wheat Bread 1/2c Pineapple Delight 	21 Grilled Chicken, Bacon, & Swiss Club w/Lettuce, Tomato, & Condiments 1c Creamy Potato Soup w/Crackers Sandwich Roll 1/2c Blushed Pears	22 Potato Crusted Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Wheat Bread Fresh Fruit
25 Baked Meatloaf w/Gravy Baked Potato w/Marg & Sour Cream 1/2c Mixed Bean Medley White Bread Cherry Chip Cake w/Topping 	26 Baked Salmon w/White Wine Cream Sauce 1/2c White Rice 1/2c Broccoli Wheat Bread 1/2c Pineapple Tidbits	27 Hot Turkey Sandwich w/Gravy 1/2c Whipped Potatoes w/Chives 1/2c Carrots White Bread 1/2c Applesauce	28 Smokey BBQ Burger Top w/Cheddar, BBQ, Crispy Onions 1/2c Sweet Potato Bites Sandwich Roll Fresh Seasonal Fruit	 *Menus Subject to Change

To reserve a meal, please call your local center or call the Area Agency on Aging office 724-548-3290 or 800-368-1066 by 11:00 the day before.