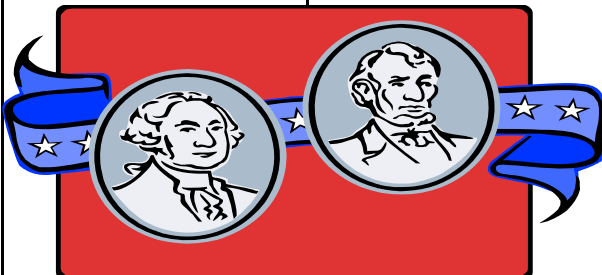





## Friendship Meals and Meals on Wheels of SN and JF Counties, Inc. invite you to join us for lunch.

Reservations are requested by 2:30 p.m. one day in advance. Reservations can be made at the centers or at our main office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Fajita with Peppers, Onions and Cheese Southwestern Rice Mix Corn Diced Peaches	2 Goulash Green Beans Mandarin Oranges Garlic Cheese Biscuit	3 Caramelized Pork Chop with Buttered Noodles Brussels Sprouts Rosy Applesauce Yeast Dinner Roll
6 Pepper Steak over White Rice Steamed Broccoli Fruit Cup Whole Wheat Dinner Roll	7 Chicken Pot Pie Sliced Beets Apricots Whole Grain Biscuit	8 Fruity Caribbean Salad with Raspberry Vinaigrette Fresh Grapes Yeast Dinner Roll	9 Cheesy Beef Enchiladas Refried Beans Spanish Rice Diced Pears Salsa	10 Loaded Baked Potato Soup Sliced Cheese Fresh Carrots w/Ranch Cinnamon Apples Salad Wafers
13 Fried Chicken Leg Mashed Potatoes with Gravy Corn Diced Peaches Garlic Cheese Biscuit	14 Spaghetti and Meatballs Buttered Spinach Mandarin Oranges Breadstick Parmesan Cheese Valentine Cookie 	15 Pot Roast with Gravy Potatoes, Carrots, Cabbage and Onions Spicy Apple Rings Whole Wheat Dinner Roll	16 Homemade Chicken Salad Whole Wheat Bread Fresh Veggie Salad Pineapple Chunks	17 Ham and Beans Cornbread Stewed Tomatoes Fruited Gelatin Birthday Cake
20 Hamburger on a Bun w/Lettuce, Tomato & Pickles, Ketch./Mustard Oven Roasted Potatoes Baked Beans Cherry Crisp <b>President's Day</b>	21 Smoked Sausage w/ Red Beans and Rice Coleslaw Ambrosia Breadstick  <b>Mardi Gras</b>	22 Tuna Noodle Casserole Buttered Peas Diced Pears Yeast Dinner Roll <b>Ash Wednesday</b>	23 Aussie Chicken Breast Baked Potato with Sour Cream Capri Veggies Apricots Pumpnickel Roll	24 Macaroni and Cheese Broccoli Fresh Gala Apple Whole Wheat Dinner Roll Peanut Butter Cookies
27 New Meatloaf Mashed Potatoes and Gravy Old Fashioned Green Beans Pineapple Chunks Dinner Roll	28 Sliced Ham with Brown Sugar Glaze Sweet Potatoes Zucchini Whole Wheat Dinner Roll	29 Cheesy Chili Dog Corn Baby Whole Carrots with Ranch Dressing Brownie		

An expected\* donation of \$2.95 is encouraged for registered persons 60 years of age and older.

The contributions received for December 2011 covered 22% of the meal cost.

\*All contributions go back into the program for meal provision.

All Meals include Milk.

Menus are subject to change without notice

Cash, Check, MC/Visa, Food Stamps,  
Vision Cards/SNAP accepted for donation.