Want a nutritious meal at a reasonable price?

WEST VALLEY

9370 Route 240
716-942-6695
Monday - Friday
9:00 a.m. - 1:30 p.m.
Serving Time: 12:00 noon

ONLY $4.00

Come Socialize

Cattaraugus County Department of the Aging
1-800-462-2901

FEBRUARY 2020

Senior Wellness and Nutrition Program Menu

Reservations and cancellations must be made 24 hours in advance to the Site Manager

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
"Groundhog found fog. New snows and blue toes. Fine and dandy for Valentine candy. Snow spittin'; if you're not mitten-smitten, you'll be frostbitten! By jing-y feels spring-y." — The Old Farmer's Almanac				
3 **Breaded Chicken** Parmesan Noodles Glazed Carrots Whole Wheat Bread Peaches	4 **Pepper Steak** Rosemary Red Potatoes Prince William Vegetables Rye Bread Tropical Fruit	5 **Ham Loaf w/ Fruit Sauce** Sweet Potatoes California Blend Vegetables 12 Grain Bread Pineapple	6 **Sliced Turkey & Mashed Potatoes w/ Gravy** Mixed Vegetables Fruit Punch Whole Wheat Dinner Roll Apple Crisp	7 **Goulash w/Parmesan Cheese** Italian Beans Garlic Bread Pears
10 **Baked Ham** Au Gratin Potatoes California Blend Vegetables Cranberry Juice 12 Grain Bread Ice Cream	11 **Stuffed Peppers w/ Meat Sauce** Mashed Potatoes Peas Whole Wheat Bread Fruit Cocktail	12 **Turkey Tetrazzini** Spinach Whole Wheat Roll Blushing Pears	13 **Grilled Chicken Sandwich on Bun** Homemade Bean Soup w/Crackers Key Largo Vegetables Mandarin Oranges	14 **Cheddar Baked Fish** Mashed Potatoes Carrots Rye Bread Fruited Jello
17 **HOLIDAY** HAPPY Presidents' DAY	18 **Pork Chops w/Gravy** Scalloped Potatoes Beets Rye Bread Tropical Fruit	19 **Meatloaf w/Gravy** Mashed Potatoes w/Gravy Wax Beans Cranberry Juice 12 Grain Bread Brownie	20 **Italian Baked Fish** Coleslaw Potato Wedges Pineapple	2 **Chicken Caesar Salad w/ Croutons** Muffin Raspberry Peaches
24 **Herb Roasted Pork** Baked Potato w/ Sour Cream Key Largo Vegs. Rye Bread Cinnamon Applesauce	25 **FAT TUESDAY Sloppy Joe on a Bun** Tater Tots Green Beans Apple Juice Cookie	26 **ASH WEDNESDAY Macaroni & Cheese** Stewed Tomatoes Whole Wheat Roll Pears	27 **Turkey Ala King over Biscuits** Carrots Fruit Cocktail	28 **Tuna Hoagie w/Lettuce & Tomato** Tomato Basil Soup w/Crackers 3 Bean Salad Fruit Punch Blueberry Pie

All meals are served with 1/2 pint milk and margarine.
Menus are subject to change without notification.

FUN

EVENTS: Puzzles - M-F, Bingo - every Monday, Euchre - every Tuesday & Thursday, Senior Citizens Meeting - 2/12, Valentine's Day - 2/14, Closed - 2/17, Ash Wednesday - 2/26

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HAPPY GROUNDHOG DAY 2/2/20

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Happy Valentine's Day 2/14/20

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