

# Senior Services of Northern Kentucky Chilled Menu - February 2014



Derringer Company

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOX	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
LUNC	<b>Italian Sausage - 9038</b> Savory Tomato Sauce Spaghetti	<b>Turkey Ham &amp; Beans - 9062</b> Vegetable Medley (2 servings) Cornbread / Margarine	<b>Country Fried Steak - 9063</b> Potato Wedges Green Beans	<b>Baked Chicken w/ Gravy-9075</b> Herb Dressing Broccoli	<b>Chili w/ Spaghetti - 9064</b> Vegetable Medley (2 servings) Cheddar Cheese
H	Italian Vegetables Pineapple Dessert	Fruited Jello Goldfish Graham Crackers	Dinner Roll / Margarine Fresh Orange Chocolate Cake	Cauliflower Whole Wheat Bread / Margarine Strawberry Applesauce	Saltine Crackers (2 pks) Peaches
CYCLE					
WEEK					
4	The Day the Music Died - 1959	Thank a Mailman Day	National Weatherman's Day	Lame Duck Day	<b>National Wear Red Day®</b> <b>National "Go RED for Women"</b>
BOX	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
LUNC	<b>Beef Vegetable Stew - 9001</b> w/Carrots/Red Skin Potatoes/Peas Green Beans	<b>Chicken Carmela - 9041</b> in Savory Tomato Sauce Spaghetti	<b>Bar-B-Q Sauce with Shredded Beef - 9051</b> Peas and Onions Potato Wedges	<b>Meatloaf w/Gravy - 9072</b> Mashed Potatoes Carrots	<b>St Valentino's Spaghetti &amp; Meatballs - 9035</b>
H	Pineapple Dessert Whole Grain White Bread Margarine	Italian Vegetables (2 servings) Whole Wheat Bread / Margarine Applesauce	Bun Peaches	Dinner Roll / Margarine Orange Juice (100%) Angel Food Cake	w/"Moonlight" Marinara Sauce "Italian Lover" Vegetables "Spice of Life" Spinach / Vinegar "Darling" Dinner Roll / Margarine "Pucker Up" Peaches
CYCLE					
WEEK					
5	Clean Out Your Computer Day	Make a Friend Day	<i>Abraham Lincoln's Birthday</i>		<b>Valentine's Day</b>
BOX	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
LUNC	<b>"Politicians" Pineapple Ham-S810</b> "Polk" Sweet Potato Patties (2ea) "Pierce" Peas	<b>Italian Veal Patty over Spaghetti - 9053</b> w/ Marinara Corn	<b>Chicken Potato Casserole-9315</b> Broccoli (2 servings) Whole Wheat Bread / Margarine	<b>Beef Taco Salad - 9313</b> Lettuce, diced Tomatoes Shredded Cheese, Sour Cream	<b>Baked Lemon Pepper Fish w/ Tartar Sauce - 9033</b> <i>(ch b) chicken tenders ch7009</i> Rice
H	"Dwight's" Dinner Roll "Monroe" Margarine "Coolidge" Cranberry Juice "Chester's" Sponge Cake	California Normandy Vegetables Whole Wheat Bread / Margarine Fresh Orange Mozzarella Cheese	Apple Juice (100%) Animal Cookies	Corn Peach Dessert Tortilla Chips Mild Taco Sauce	Vegetable Medley (2 servings) Fruit Cocktail Happy Birthday Cake
CYCLE					
WEEK					
6	<b>President's Day</b>			<b>Love Your Pet Day</b>	Diet: same <b>HAPPY BIRTHDAY!</b>
BOX	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
LUNC	<b>Roast Turkey w/ Gravy - 9005</b> Mashed Potatoes Vegetable Medley	<b>Chicken &amp; Rice w/Gravy-9023</b> Broccoli Carrots	<b>Beef &amp; Noodles - 9008</b> w/ Gravy Green Beans	<b>Swiss Steak - 9088</b> w/ Tomatoes, Onions, Peppers O'Brien Potatoes	<b>Broccoli Cheddar Chicken-9031</b> over Rice Corn
H	Dinner Roll / Margarine Grape Juice (100%) Angel Food Cake	Whole Grain White Bread Margarine Peaches	Corn Whole Wheat Bread / Margarine Fresh Orange	Wheat Dinner Roll / Margarine Pears Graham Crackers	Carrots Whole Wheat Bread/Margarine Pineapple Tidbits
CYCLE					
WEEK					
7		Pistol Patent Day	Carnival Day		Public Sleeping Day
	<b>February is:</b> <b>American Heart Month</b> <b>Black History Month</b> <b>Canned Food Month</b> <b>Creative Romance Month</b> <b>National Cherry Month</b> <b>National Grapefruit Month</b>	<b>Dates to Remember</b> <b>Feb. 1 - National Freedom Day</b> <b>Feb. 2 - Groundhog Day</b> <b>Feb. 2 - SUPER BOWL</b> <b>Feb. 5 - Wear RED for Women®</b> <b>Feb. 7 - Winter Olympics begin</b> <b>Feb 8 - Boy Scout Day (1910)</b>		<b>Feb 14 - National Organ Donor Day</b> <b>Feb 15 - Singles Awareness Day</b> <b>Feb. 22 - George Washington's Birthday</b> <b>Feb 23 - Winter Olympics end</b>	Heart disease is the <b>No. 1 killer of women</b> in the United States, claiming more lives than all forms of cancer combined. For more than 10 years, the American Heart Association has sponsored National Wear Red Day® to raise awareness in the fight against heart disease in women.  Heart disease has been called the Silent Killer because it often has no noticeable symptoms.
	<small>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)</small>				