





Elder Care Killdeer - Dunn Center Area Menu February 2018

The suggested donation for participants over 60 is \$4.00/meal. Any additional donations are welcome.

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Brenda: 260-0667</p> <p>Changes in menu may be made due to availability of foods. For meal reservations call at least one day in advance.</p>		<p><u>Meal Provides:</u></p> <p>Minimum of 2oz. Protein 3 Half Cups of Fruits/Veg 2 Serving Bread 1 Serving of Milk</p>		<p>1 Chili Creamy Coleslaw Cornbread Peach Slices Cottage Cheese Cookie</p>	
5	<p>Hamburger T-Tot Casserole Corn Tossed Salad w/Dressing Multigrain Bread/Roll Pear Slices</p>	<p>6 Salmon Loaf Creamed Potato Garden Mixed Vegetables Multigrain Bread/Roll Lemon Fruit Salad</p>	7	<p>8 BBQ Pork Rib on a Bun Hash Brown Potato Baked Beans Apricot Halves Gelatin Cup</p>	
12	<p>Oven Fried Chicken Whipped Potato w/ Gravy Mixed Vegetable Multigrain Bread/Roll Plum Halves</p>	<p>13 Egg Salad on Bun Tomato Soup w/Crackers Romaine Salad w/Dressing Pineapple Tidbits Tapioca Pudding</p>	14		<p>9 Baked Cod Baked Sweet Potato Peas Multigrain Bread Roll Cherry Applesauce</p>
19	<p>Hambr Chow Mein Cass. Carrot Crinkles Tangy Coleslaw Baking Powder Biscuit Mandarin Oranges</p>	<p>20 Roast Beef Whipped Potato w/ Gravy Garden Mixed Vegetables Multigrain Bread/Roll Fresh Grapes</p>	21	22	<p>23 Breaded Haddock Potato Wedges Broccoli Cuts Multigrain Bread Roll Fruit Cocktail in Gelatin</p>
 <p>Residents Day</p>	26	<p>27 Pork Chop w/Mush Gravy Parslied Potato Capri Vegetable Multigrain Bread/Roll Blushing Pears</p>	28	<p>Be Safe... Be Sure To Refrigerate</p>	