



WCCS 5 Day Menu February 2019

Amy Houpey, CDM, CFPP, MBM
Food Service Director

REMINDER:
If you are **NOT** going to be home to receive your HOME DELIVERED MEAL
PLEASE CALL: 513-695-2256 Option 2, A DAY IN ADVANCE
OR BY 8:00 a.m.

Week of February 1

MENU A:

MENU B:

FRIDAY 2/1	FRIDAY 2/1
Hamburger / Bun Baked Beans Criss Cut Potatoes Fresh Fruit Milk	Fish / Bun Potato Medley Peas And Onions Fresh Fruit Milk

Week of February 4

MENU A

MENU B

MONDAY 2/4	MONDAY 2/4
Chicken Pot Pie Corn Soufflé Malibu Vegetables Dinner Roll / Margarine Strawberry Applesauce Milk	Beef And Noodles Cauliflower Peas And Carrots Dinner Roll / Margarine Strawberry Applesauce Milk

TUESDAY 2/5	TUESDAY 2/5
Lasagna Corn Mixed Vegetables Bread Stick / Margarine Cherry Pie / Diet Pie Milk	Teriyaki Chicken Vegetable Rice Kale Bread Stick / Margarine Cherry Pie / Diet Pie Milk

WEDNESDAY 2/6	WEDNESDAY 2/6
Pork Roast / Gravy Mashed Sweet Potatoes Peas Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Chicken Cordon Bleu Rice Pilaf Mixed Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk

THURSDAY 2/7	THURSDAY 2/7
Chicken And Dumplings Seasoned Diced Tomatoes Spinach Bread Stick / Margarine Diced Peaches Milk	Chili With Beans Cream Corn Cinnamon Apples Bread Stick / Margarine Diced Peaches Milk

FRIDAY 2/8	FRIDAY 2/8
Sloppy Joe / Bun Carrots Green Beans Coleslaw Fresh Fruit Milk	Turkey Burger / Bun Roasted Corn And Peppers Maui Blend Vegetables Coleslaw Fresh Fruit Milk

Menus Subject to Change with Dietitian Approval

Morrow Center – 513-267-9045
Lebanon Center – 513-939-5189
Franklin Center – 937-545-6788
South Lebanon Center – 513-267-8293
741 Senior Center – 513-695-2257

[Week of February 11](#)

MENU A:

MENU B:

MONDAY 2/11	MONDAY 2/11
Cheese Omelet Goetta Spiced Peaches Biscuit / Margarine Fresh Fruit Milk	Broccoli Stuffed Chicken Sweet Potatoes Brussel Sprouts Biscuit / Margarine Fresh Fruit Milk

TUESDAY 2/12	TUESDAY 2/12
Cincy Style Chili Spaghetti Winter Blend Vegetables Chuckwagon Vegetables Oyster Crackers Mixed Fruit Milk	Breaded Chicken Breast Roasted Peppers And Corn Diced Tomatoes Oyster Crackers Mixed Fruit Milk

WEDNESDAY 2/13	WEDNESDAY 2/13
Roast Beef / Gravy Ranch Mashed Potatoes Seasoned Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Chicken Kiev Au Gratin Potatoes Peas And Carrots Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk

THURSDAY 2/14	THURSDAY 2/14
Bourbon Meatballs / Pasta Stewed Tomatoes Sliced Apples Dinner Roll / Margarine Mandarin Oranges Milk	Vegetable Lasagna Spinach Peas And Onions Dinner Roll / Margarine Mandarin Oranges Milk

FRIDAY 2/15	FRIDAY 2/15
Soup Beans With Ham Seasoned Diced Potatoes Zucchini Corn Muffin / Margarine Yogurt Milk	Cabbage Roll Butter Beans Kale Corn Muffin / Margarine Yogurt Milk

[Week of February 18](#)

MENU A:

MENU B:

MONDAY 2/18	MONDAY 2/18
Closed Holiday	Closed Holiday

TUESDAY 2/19	TUESDAY 2/19
Beef Taco Filling Diced Tomatoes Chuckwagon Vegetables Tortilla Cherry Pie / Diet Pie Milk	Chicken Stir Fry Vegetable Fried Rice Stir Fry Vegetables Tortilla Cherry Pie / Diet Pie Milk

WEDNESDAY 2/20	WEDNESDAY 2/20
Beef Stroganoff Winter Blend Vegetables Sugar Snap Peas Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Crab Cake Rice Pilaf Capri Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk

THURSDAY 2/21	THURSDAY 2/21
Meat Sauce / Pasta Zucchini Mixed Vegetables Bread Stick / Margarine Pineapple Tidbits Milk	Italian Chicken Macaroni And Cheese Asparagus Bread Stick / Margarine Pineapple Tidbits Milk

FRIDAY 2/22	FRIDAY 2/22
Chicken And Rice Casserole Broccoli Italian Green Beans Corn Muffin / Margarine Fresh Fruit Milk	Ravioli / Marinara Yellow Squash Capri Vegetables Corn Muffin / Margarine Fresh Fruit Milk

[Week of February 25](#)

MENU A:

MENU B:

MONDAY 2/25	MONDAY 2/25
Spaghetti And Meatballs Carrots Italian Green Beans Dinner Roll / Margarine Yogurt Milk	Chicken Teriyaki Cauliflower Diced Tomatoes Dinner Roll / Margarine Yogurt Milk

TUESDAY 2/26	TUESDAY 2/26
Breaded Veal Broccoli Roasted Peppers and Corn Mandarin Oranges Éclair / Angel Food Cake Milk	Chicken Fettuccini Alfredo Wax Beans Mixed Vegetables Mandarin Oranges Éclair / Angel Food Cake Milk

WEDNESDAY 2/27	WEDNESDAY 2/27
Sliced Turkey / Gravy Baked Potato Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Beef And Macaroni Beets Golden Hominy Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk

THURSDAY 2/28	THURSDAY 2/28
Kielbasa Mashed Potatoes Sauerkraut Dinner Roll / Margarine Peach Applesauce Milk	Sirloin Patty / Gravy Diced Potatoes Cream Corn Dinner Roll / Margarine Peach Applesauce Milk