

# FEBRUARY Senior Center Network Lunch Menu

## TRAVERSE CITY

12 p.m./Monday-Friday  
Reservations MUST be made  
24 hours in advance, call

947-5285

## INTERLOCHEN

12 p.m./Thursday  
Reservations MUST be made  
by Monday the week of, call

922-2080

## KINGSLEY

12 p.m./Wednesday  
Reservations MUST be made  
by Monday the week of, call

922-2080

## FIFE LAKE

12 p.m. Wed., February 6 and 20  
Reservations MUST be made  
by Monday the week of, call

879-4101

**\$3.00**

**Suggested Donation for those 60+; \$5 CHARGE FOR THOSE UNDER 60**

Milk, whole grain white bread, (salad/slaw TC location only) and fruit served with every meal. Menu subject to change.

<b>SNOW DAY POLICY: When TCAPS is closed due to bad weather, all programs in Traverse City will be canceled; lunch will not be served at any of the network locations; and all outreach locations will be closed.</b>				<b>Fri February 1</b> Meatloaf w/gravy Mashed Potatoes Stewed Tomatoes <b>Dessert—Traverse City</b>
<b>Mon February 4</b> Swedish Meatballs w/gravy Au Gratin Potatoes Green Beans Amandine	<b>Tue February 5</b> Hot Beef Sandwich w/bun Mashed Potatoes Beets	<b>Wed February 6</b> Macaroni & Cheese Mixed Vegetables & Wax Beans <b>Fife Lake &amp; Kingsley:</b> <b>Soup Potluck</b>	<b>Thurs February 7</b> Creamy Chicken a la King Mashed Potatoes Carrots <b>Dessert—Interlochen</b>	<b>Fri February 8</b> <b>Pizza Party</b> Advance registration and payment (\$3) required by noon on February 7.
<b>Mon February 11</b> BBQ Chicken Breast Mashed Potatoes Winter Squash	<b>Tue February 12</b> Shepherd's Pie Red Skin Mashed Potatoes Brussels Sprouts	<b>Wed February 13</b> Hot Turkey Sandwich w/bun Mashed Potatoes <b>Dessert—Kingsley</b>	<b>Thurs February 14</b> Sweet & Sour Pork Vegetable Rice Pilaf Green Beans <b>TC—Valentine's Day Party with special dessert</b>	<b>Fri February 15</b> Cabbage Roll w/marinara Mashed Potatoes Capri Blend
<b>Mon February 18</b>  <b>CLOSED</b> In observance of President's Day	<b>Tue February 19</b> Baked Chicken Breast w/gravy Mashed Potatoes Herbed Carrots	<b>Wed February 20</b> Slow Roasted Beef Red Skin Mashed Potatoes Butternut Squash <b>Dessert—Fife Lake</b>	<b>Thurs February 21</b> Hamburger w/bun Baked Beans Cut Broccoli & Cauliflower w/dip	<b>Fri February 22</b> Homemade Goulash Wax Beans Key West Blend
<b>Mon February 25</b> Sloppy Joe w/bun Baked Beans	<b>Tue February 26</b> Baked Fish Mashed Sweet Potatoes Peas	<b>Wed February 27</b> Honey Mustard Chicken Breast Roasted Red Potatoes Green Beans	<b>Thurs February 28</b> Beef Stew Mashed Potatoes Mixed Vegetables	<b>SENIOR CENTER MEMBERSHIP IS NOT REQUIRED FOR LUNCH PROGRAM.</b>