

## Senior Dining Program – Menu Summary for February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Feb. 4</b> Black Eyed Peas Pickled Beets Au Gratin Potatoes Apple Crisp</p>	<p><b>Feb 5</b> Chicken Tenders on Salad Cucumber/Tomato/Cheese Baked Sweet Potato Banana Pudding</p>	<p><b>Feb. 6</b> Beef Stew Brown Rice Spiced Apples Cornbread</p>	<p><b>Feb. 7</b> Manwich Sloppy Joe Cole Slaw Macaroni &amp; Cheese Strawberry Jello/Bananas</p>	<p><b>Feb. 1</b> BBQ Chicken Tenders Collard Greens Scalloped Potatoes Sliced Peaches</p>
<p><b>Feb. 11</b> Grilled Chicken Tenders w/ Mushrooms/Onions/Cheese Lima Beans Fruit Cocktail</p>	<p><b>Feb. 12</b> Beef Tacos Lettuce/Tomato/Cheese Spanish Rice Jello with Peaches</p>	<p><b>Feb. 13</b> Fried White Fish Au Gratin Potatoes Green Peas Cherry Crisp</p>	<p><b>Feb. 14</b> BBQ Pork Plate Cole Slaw Baked Beans Sliced Pears</p>	<p><b>Feb. 15</b> Roast Turkey Mashed Potatoes Green Beans Cranberries</p>
<p><b>Feb. 18</b> Chicken Casserole Cucumber &amp; Tomato Salad Mashed Potatoes Fruit Cocktail</p>	<p><b>Feb. 19</b> Beef Tips White Rice Glazed Carrots Cinnamon Applesauce</p>	<p><b>Feb. 20</b> Egg &amp; Chicken Salad on Bed of Lettuce Vegetable Soup Apple Crisp</p>	<p><b>Feb. 21</b> Cheeseburger Lettuce/Tomato Pasta Salad-Baked Beans Chocolate Pudding</p>	<p><b>Feb. 22</b> Sliced Roast Beef Green Bean Casserole Mashed Potatoes Sliced Peaches</p>
<p><b>Feb. 25</b> Breaded Popcorn Shrimp Cole Slaw Macaroni &amp; Cheese Applesauce</p>	<p><b>Feb. 26</b> Turkey Sandwich Cream of Broccoli Soup Corn Salad Apple Crisp</p>	<p><b>Feb. 27</b> Baked Spaghetti Tossed Salad Garlic Bread Jello w/Mandarin Oranges</p>	<p><b>Feb. 28</b> Beef Stroganoff Kernel Corn White Rice Banana Pudding</p>	

Milk is served with every meal; main course items are listed. Crackers, bread, and desserts are not always listed.



## Senior Dining Program - Menu

In conjunction with Buncombe County Council on Aging, a hot lunch is provided Monday - Friday at the Lakeview Center for persons 60+ years old.

Suggested donation - \$1.50 per day.

Reservations are required by 10:30 a.m. the previous day.

Doors open at 10 a.m. - 1 p.m. Lunch is served at Noon.

Come early to socialize and/or participate in various activities as listed in the monthly newsletter and calendar.

Transportation may be provided by Mountain Mobility and can be arranged through the Nutrition Site Center.

***To make a reservation, please call the Nutrition Site manager, Trevia Rhodes at 828 669 2035 by 10:30 a.m. (weekdays only) the day before you would like to attend.***

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**Black Mountain**  
Recreation & Parks

Lakeview Center for Active Aging

401 Laurel Circle Drive

Black Mountain, NC 28711

[www.blackmountainrec.com](http://www.blackmountainrec.com)