

February 2012

Please make reservations 24 hours in advance by calling Angie at (303) 335-4931 or email Brookscafe@louisvilleco.gov Lunch is served at 12 noon.
Suggested donation for 60+ is \$3.00; Under 60 the cost is \$6.25.
Chef Salad, Low Gluten (meal prepared in facility with wheat, nuts, and milk), or Vegetarian option available upon request

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Need Help with Information Regarding Resources in the Community? Contact Diane Evans at 303-335-4919 for assistance</p>	<p>Note: All Menus are based on availability of food items & substitutions may be made without notice.</p>	<p>1 Beef & Bean Burrito w/ Green Chili Cheese & Sour Cream Mixed Greens Strawberries & Bananas</p>	<p>2 Grandma's Chicken Dinner Roast Chicken Mashed Potatoes Gravy Cranberry Pears Cucumber Salad Roll</p>	<p>3  Super Bowl Party & Latte's Supreme Pizza w/Meat & Veggies Tossed Green Salad Orange Wedges</p>
<p>6 Tahitian Chicken Steamed Brown Rice Oriental Mixed Veggies Strawberries Flat Bread</p>	<p>7 Oven Fried Fish Tartar Sauce Cheesy Pea Salad Spinach Cranberry Applesauce Wheat Bread</p>	<p>8 Chili, Cheese Sour Cream Celery & Carrots w/ Ranch Dip Orange Wedges Cornbread w/Honey Butter</p>	<p>9 Pasta Primavera w/Side of Meatballs Salad w/CROUTONS Pears Toasted Garlic Bread</p>	<p>10 Latte Day  Pork Chops Gravy Stuffing Broccoli Fruit Medley Cheesy Drop Biscuits</p>
<p>13 Sweet & Sour Chicken Brown Rice Cauliflower Broccoli & Carrots, Melon, Bread</p>	<p>14 Movie Day   Valentine's Lunch Chicken Kiev, Whipped Sweet Potatoes Vegetable Blend Almond Peaches Whole Wheat Roll</p>	<p>15 Lunch & Learn Cream of Potato Soup Turkey Wrap on Spinach Tortilla w/Lettuce & Tomato Oranges</p>	<p>16 Tore's Famous Meat Loaf Gravy Baked Potato w/Cheese & Sour Cream Hubbard Squash Mixed Fruit, & Rolls  Heat Relief Dinner Tonight!</p>	<p>17 Latte Day  Crunchy Baked Fish, Tartar Sauce, O'Brien Potatoes Mixed Veggies Pineapple, Orange Compote Wheat Bread</p>
<p>20 Presidents' Day Turkey Pot Pie w/ peas, carrots, potatoes Green Beans Cranberry/Apple Mold</p>	<p>21 Pepper Steak Mashed Potatoes Mixed Green Salad Peaches and Pears Wheat Bread</p>	<p>22 Chicken Parmesan Sauce & Spaghetti Baby Green Salad Spiced Plums Italian Bread</p>	<p>23 Birthday Day Hearty Bean Soup Chef Salad w/Turkey, Ham, & Cheese Banana Bread Sticks Birthday Cupcake</p>	<p>24 Latte Day  Lemon Chicken Rice Pilaf w/veggies and Nuts Spinach Citrus Fruit Bread</p>
<p>27 Stuffed Pepper w/ Chunky Tomato Sauce Bowtie Pasta Mixed Green Salad Fruit Parfait Whole Wheat Roll</p>	<p>28 Pan Fried Fish Tartar Sauce Rosemary Potato Wedges Cucumber Salad Pears</p>	<p>29 Eggplant Parmesan w/ Meat Sauce Tossed Salad Apple Slices Garlic Bread Sticks</p>	<p>Movie Day: 12:45 in Senior Library "Casablanca" Birthday Day: Celebrating this month's birthdays! Latte Day: Join us from 10:45-11:45AM for a flavored latte coffee and conversation in the Senior Lounge Lunch and Learn: Candace Johnson, RD, presents educational topics at lunch. Wed February 15th Topic: Fats and Heart Health</p>	

