

February 2023

Ector Co. Eld. Nutrition
1225 N. Adams-Odesa
(432)333-6791

Due to availability of food, menu is subject to change

Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

SUMMIT -Meal Provider

\$3.00 Suggested
Meal Donation

Monday

Tuesday

Wednesday

Thursday

Friday

		1	2	3
		Chicken Stir Fry Brown Rice Stir Fry Vegetables Cucumber Salad Veggie Spring Roll Strawberry Shortcake Tea/Milk	Beef Brisket Pinto Beans Steamed California Blend WW Roll/Bread Berry Crisp Tea/Milk	Baked Chicken & Dressing Squash Medley Whole Wheat Roll/Bread Tropical Fruit Cup Tea/Milk
6	7	8	9	10
Marinated Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll/Bread Cherry Cobbler Tea/Milk	Beef & Vegetable Stew Cornbread Tossed Salad FF Dressing Lime Gelatin with Pineapple and Marshmallows Tea/Milk	BBQ Pulled Pork on Whole Wheat Bun Black Eyed Peas Broccoli & Cauliflower Salad Plums Tea/Milk	Frito Turkey Chili Pie with Beans Mexicali Corn Jalapeno Cornbread Pears Tea/Milk	Bkd Chicken Nuggets Macaroni & Cheese Seasoned Greens Relish Plate (Dill Pickle Spear, Carrot Stick & Green Olives) Apricot Halves Tea/Milk
13	14	15	16	17
Cheeseburger on Whole Wheat Bun Baked Beans Strawberries on Angel Cake Tea/Milk	Lasagna Capri Blend Vegetables Tossed Green Salad FF Ranch Dressing Garlic Bread Stick Apple Slices Tea/Milk	Sweet & Sour Chicken Fluffy Steamed Brown Rice Peas w. Sweet Red Peppers Peaches Tea/Milk	Roast Turkey Gravy Cranberry Sauce Candied Yams Green Beans WW Roll/Bread Pineapple Crisp Tea/Milk	Spicy Mexican Pork Stew with Potatoes, Carrots & Green Chilies Tossed Salad FF Ranch Dressing Flour Tortilla Key Lime Square Pie Tea/Milk
20	21	22	23	24
Chicken Pot Pie with Mixed Vegetables Tossed Salad with FF Ranch Dressing Ambrosia Tea/Milk	Hamburger Steak with Onions, Peppers & Green Chilies & Brown Gravy Mashed Potatoes Carrot & Raisin Salad Frozen Melon Balls Tea/Milk	Cheese Enchiladas Refried Beans Spanish Rice Baked Tortilla Chips Salsa Small Banana Tea/Milk	Chicken & Dumplings Seasoned Mixed Greens WW Roll/Bread Cucumber Salad Peaches Tea/Milk	Glazed Ham Succotash (Corn & Lima Beans) Stewed Tomatoes Green Bean Casserole Apple Crisp Tea/Milk
27	28			
Chicken Fried Steak Cream Gravy Mashed Potatoes Carrots WW Roll/Bread Orange Slices and Pineapple Tidbits Tea/Milk	Battered Fish Calico Corn Steamed Mediterranean Veggies Whole Roll/Bread Lemonade Pie Tea/Milk			Note: Tea & Milk will be provided with every meal

