

February 2019		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			CONGREGATE MENU
Monday	Tuesday	Wednesday	Thursday	Friday	
				1 Taco Salad Refried Beans Chips & Cheese Dip Guacamole Sour Cream Sopapilla Cheesecake	
4 Hamburger Steak w/ Mushroom, Peppers & Onions Mashed Potatoes/Gravy Green Beans w/Onion Wheat Roll Yogurt Cup & Fruit	5 Pinto Beans w/Ham Red Roasted Potatoes Turnip Greens Regular or Mexican Cornbread Cocoa Cola Cake	6 Fried Fish Sandwich or Breaded Chicken Sandwich Lettuce, Tomato, Pickle Ruffles Potato Chips Creamy Coleslaw Strawberry Trifle	7 Chicken Fried Steak Mashed Potatoes Country Gravy Antigua Vegetable Wheat Roll Mandarin Orange Cake	8 Cheeseburger Lettuce, Tomato, Pickle French Fries Pea Salad Chocolate Peanut Butter Pie	
11 Breaded Chicken Breast Chicken Gravy Macaroni & Cheese Okra & Tomato Buttery Biscuit Cottage Cheese/Pineapple	12 Homemade Chili w/ Cheese & Onion Baked Potato Half Broccoli & Cheese Sauce Cornbread or Crackers Possum Pie	13 Tender Pork Roast Mashed Potatoes/Gravy Green Beans w/Onion White Roll Tropical Fruit	14 Baked Pitt Ham Black Eyed Peas Sweet Potato Patties Cornbread Pumpkin Spice Cake	15 Chicken Fried Chicken Mashed Potatoes Country Gravy Sweet Corn Wheat Roll Bread Pudding	
18 Smothered Pork Chops Over Garden Rice Malibu Vegetables Wheat Roll Citrus Cup	19 Chicken Livers or Chicken Noodle Bake Buttery Sweet Carrots Garlic Cheese Biscuits Cherry Cake	20 Hearty Beef Stew Lemon Peppered Spinach Biscuit or Crackers Peach Cobbler	22 Meat & Cheese Lasagna Green Beans w/Onion Garlic Cheese Toast Rosy Pears	22 Egg & Cheese Casserole Hash Brown Patty Bacon or Sausage Biscuit & Gravy Assorted Juice Blueberry Muffin	
25 Black-Eyed Peas w/ Ham Fried Cabbage Baked Sweet Potato Cornbread Peaches & Cherries	26 Homemade Meatloaf Mashed Potatoes Brown Gravy Chuck Wagon Corn Wheat Roll Fruit Cocktail	27 Great Northern Beans w/Ham Pickled Beets Hominy Regular or Mexican Cornbread Thomas Quinn Cake	28 Oven Fried Chicken Mashed Potatoes Country Gravy Pinto Beans Fluffy Biscuit Chocolate Chip Brownies		