

# Skagit Senior Lunch Menu - February 2010

**Anacortes**    **Burlington**    **Clear Lake**    **Concrete**    **La Conner**    **Mount Vernon**    **Sedro-Woolley**  
 293-7473    755-0102    856-1023    853-8400    466-3941    336-5757    855-1531

\* All meals also include a vegetable, salad and/or fruit, dinner roll or specialty bread and milk \*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>1</i> White Chicken Chili served with Crackers and Cornbread	<i>2</i> Meatball Sub Sandwich served with Three Bean Salad	<i>3</i> Roasted Pork Loin served with Garlic Mashed Potatoes	<i>4</i> Biscuits and Gravy served with Sausage Links	<i>5</i> Alpine Chicken served with Wild Rice
<i>8</i> Beef Stroganoff over Rice served with Broccoli Normandy and Caesar Salad	<i>9</i> Enchilada Casserole with Chicken served with Mexican Corn and Refried Beans	<i>10</i> Tuna Salad Sandwich served with Cream of Mushroom Soup	<i>11</i> <u>Valentine's Luncheon</u> Shrimp Scampi over Buttered Linguini served with Vegetables, Antipasto Vegetable Salad, Fresh Fruit, a Roll, and Triple Mousse Cake	<i>12</i> CLOSED
<i>15</i> CLOSED	<i>16</i> Braised Sirloin Tips and Gravy over Noodles served with Pea Salad	<i>17</i> Pot Roast served with Mashed Potatoes and Gravy	<i>18</i> Herb Baked Chicken served with Fruit and Yogurt Parfait	<i>19</i> Tatar Tot Casserole served with Fruit and a Roll
<i>22</i> Polish Dog served with Roasted Potatoes	<i>23</i> Homemade Clam Chowder served with a Cook's Choice Sandwich	<i>24</i> Cook's Choice Fajitas with Rice served with a Southwest Salad	<i>25</i> Country Fried Steak served with Mashed Potatoes and Country Gravy	<i>26</i> Spaghetti with Meat Sauce served with Italian Vegetables and Birthday Cake

**Meals served at 12:00 p.m. at most Meal Sites and 12:30 p.m. at the Concrete Senior Center**