

SENIOR EAT *and* GREET February 2018

Steamboat	Steamboat		Steamboat	Steamboat
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <p>Indian Chicken Curry Brown Rice Mango Salad Wheat Bread Pumpkin Pie OJ</p>	<p>30</p> <p>Baked Cod Orzo Cauliflower Spinach Salad Strawberry Shortcake</p>	<p>31</p>	<p>1</p> <p>Stuffed Pork Chop California Veggies Italian Bread Tossed Salad Apple Pie</p>	<p>2</p> <p>Mongolian Beef Lo Mein Noodles Asian Coleslaw Apricots Fortune Cookie</p>
<p>5</p> <p>Chicken with Mushroom Sauce Rosemary Potatoes Peas Wheat Roll Tossed Salad Carrot Cake</p>	<p>6</p> <p>Salmon Orzo Asparagus Tossed Salad Fruit Tart</p>	<p>7</p>	<p>8</p> <p>Corn Chowder Wheat Crackers Spinach Salad Wheat Roll Pineapple Cake</p>	<p>9</p> <p>Shepherd's Pie Wheat Bread Mexi Corn Tossed Salad Cinnamon Apples</p>
<p>12</p> <p>Chicken Pot Pie Broccoli Tossed Salad Biscuit Strawberries and Cream</p>	<p>13</p> <p>Jambalaya Rice Tossed Salad Roll Blueberry Crisp</p>	<p>14</p>	<p>15</p> <p>Beef Tips Mashed Potato Gravy Spinach Tossed Salad Wheat Roll Apple Sauce</p>	<p>16</p> <p>Vegetable Barley Soup Egg Salad Sandwich Tossed Salad Crackers Banana</p>
<p>19</p> <p>Closed President's Day</p>	<p>20</p> <p>Tuna Patties Brown Rice Spinach Tossed Salad Wheat Roll Mandarin Oranges</p>	<p>21</p>	<p>22</p> <p>Chicken Alfredo Roasted Red Peppers Carrots Caesar Salad Banana Apple Pie</p>	<p>23</p> <p>Chili Broccoli and Cheddar Salad Corn Bread Fruit Cobbler</p>
<p>26</p> <p>Pizza Salad Garbanzo Beans Peanut Butter Bars</p>	<p>27</p> <p>Roast Beef Mashed Potatoes Gravy Green Beans Wheat Roll Tossed Salad Mandarin Oranges Pineapple Cake</p>	<p>28</p>	<p>1</p> <p>Pork Chili Dog Mixed Veggies Pea Salad Waldorf Salad Jello</p>	<p>2</p> <p>Chicken and Dumplings Tossed Salad Wheat Crackers Oatmeal Cookie</p>

Please call 970-879-0633 24 hours in advance for reservations.

Milk, Tea, & Coffee are offered with all meals. Nutrition analysis provided by Melanie Hendershott, R.D.

Lunch is served at noon at the following locations:

Hayden/American Legion Hall

South Routt/ South Routt Community Center

Steamboat Springs/ Steamboat Springs Community Center

Steamboat	Steamboat		Steamboat	Steamboat
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed New Year's Day	2 Calories 1110 Fat 34g Saturated fat 15g Trans Fat 0g Total Carbohydrates 168g Fiber 9g Sugars 56g Sodium 740mg Protein 36g	3	4 Calories 1240 Fat 53g Saturated fat 18g Trans Fat 1.5g Total Carbohydrates 139g Fiber 8g Sugars 47g Sodium 1130mg Protein 53g	5 Calories 950 Fat 21g Saturated fat 6g Trans Fat 2g Total Carbohydrates 163g Fiber 9g Sugars 42g Sodium 1110mg Protein 33g
8 Calories 1040 Fat 13g Saturated fat 13g Trans Fat 1g Total Carbohydrates 129g Fiber 8g Sugars 69g Sodium 1120mg Protein 41g	9 Calories 1370 Fat 43g Saturated fat 12g Trans Fat 0g Total Carbohydrates 219g Fiber 21g Sugars 122g Sodium 850mg Protein 47g	10	11 Calories 750 Fat 17g Saturated fat 7g Trans Fat 0g Total Carbohydrates 123g Fiber 12g Sugars 56g Sodium 610mg Protein 35g	12 Calories 590 Fat 23g Saturated fat 9g Trans Fat 1g Total Carbohydrates 67g Fiber 10g Sugars 33g Sodium 590mg Protein 30g
15 Closed Martin Luther King Day	16 Calories 620 Fat 16g Saturated fat 6g Trans Fat .5g Total Carbohydrates 98g Fiber 15g Sugars 35g Sodium 660mg Protein 29g	17	18 Calories 910 Fat 38g Saturated fat 14g Trans Fat 1.5g Total Carbohydrates 86g Fiber 7g Sugars 35g Sodium 800mg Protein 58g	19 Calories 520 Fat 11g Saturated fat 4g Trans Fat 0g Total Carbohydrates 89g Fiber 12g Sugars 47g Sodium 770mg Protein 22g
22 Calories 970 Fat 33g Saturated fat 15g Trans Fat 1g Total Carbohydrates 130g Fiber 9g Sugars 42g Sodium 550mg Protein 45g	23 Calories 880 Fat 34g Saturated fat 8g Trans Fat 1g Total Carbohydrates 108g Fiber 10g Sugars 49g Sodium 1050mg Protein 40g	24	25 Calories 810 Fat 24g Saturated fat 8g Trans Fat 0g Total Carbohydrates 107g Fiber 9g Sugars 59g Sodium 700mg Protein 30g	26 Calories 630 Fat 8g Saturated fat 3.5g Trans Fat 0g Total Carbohydrates 132g Fiber 10g Sugars 92g Sodium 370mg Protein 18g
29 Calories 1030 Fat 35g Saturated fat 10g Trans Fat 0g Total Carbohydrates 142g Fiber 10g Sugars 57g Sodium 830mg Protein 39g	30 Calories 850 Fat 26g Saturated fat 10g Trans Fat 0g Total Carbohydrates 112g Fiber 10g Sugars 57g Sodium 960mg Protein 51g	31	1 Calories 880 Fat 40g Saturated fat 13g Trans Fat 2g Total Carbohydrates 79g Fiber 9g Sugars 33g Sodium 1030mg Protein 52g	1 Calories 1090 Fat 58g Saturated fat 19g Trans Fat 1.5g Total Carbohydrates 96g Fiber 11g Sugars 21g Sodium 1480mg Protein 49g

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