Senior Meals Menu
February 2019

Tuesday February 5
Beans and Hot dogs, coleslaw, biscuits, Pickles and Apple Brownies

Thursday February 7
Baked Chicken, Au gratin Potatoes, veg, rolls, Peach Cobbler

Tuesday February 12
Pizza Bar, Salad, Bread Sticks, Ice Cream Sundaes

Thursday February 14 Happy Valentine’s Day
Baked Stuffed Haddock, Rice Pilaf, veg, and Death by Chocolate Cake

Tuesday February 19
Shepherd’s Pie, roll, Beets, Pudding Parfait

Thursday February 21
Stuffed Turkey Roll, mashed Potatoes, veg, roll, and Pumpkin Roll

Tuesday February 26
Grilled Pork Chop w/ apple, roasted Veg, Baked Potatoes, Jell-O Parfait

Thursday February 28
“Soups On” salad, bread, Ambrosia Pudding

Join us for good food and enjoyable company every Tuesday and Thursday at 12:00 noon.

Please sign up or call a week in advance to reserve your meal. (We will still accept requests until 2:00 pm the day before the meal, but may not be able to fill them. This is a request from the YMCA.) Meals are a suggested donation of $7.00 for Seniors 60 and over with completion of forms, $8.00 for 60 and over without forms, and $9.00 for all others (Financial Aid is available if needed.) Friends in Action receives $1 per meal from Eastern Area Agency on Aging for all registered seniors, ages 60 and older. We ask that those seniors who prefer not to register donate $8.00 per meal to defray the cost of the food. An updated form is available at meals. Registration is only required once per year and you may register the day of your meal. This subsidy helps make our meal program possible. Thank you for your help! Consider donating to our Financial Assistance Fund to make meals and fitness programs available to others! Thank you CALL 664-6016 TO RESERVE YOUR MEAL.