Kanab Senior Center
February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
To ensure we have plenty of food please call the day before you would like to join us for lunch! Thank you. 435-644-5250	**For More Information on Our Activities Please Call 435-644-5250**			**1** Bacon Cheesburger Potato Wedges Coleslaw Tropical Fruit Frozen Fruit Bar
Arthritis Foundation Exercise 10:30 **4** Ham Alfredo Pea Salad Apple Slices Peanut Butter Bar Meals on Wheels	**5** ST. GEORGE SHOPPING In House Only Vegetable Chowder Egg Salad Sandwich Tossed Salad Fruit Jello Lemon Bar	**6** Chicken Cordon Bleu Mashed Potatoes Mixed Vegetables Cottage Cheese & Pineapple Walnut Bar Meals on Wheels LOCAL SHOPPING	**7** Care & Share BBQ Beef Rice Chuckwagon Corn Tossed Salad Pears Lemon Cookie Meals on Wheels	**8** In House Only Cold Cut Sandwich Lettuce,Pickle,Tomato Sweet Potato Casserole Pineapple & Cottage Cheese Snickerdoodle Cookie
Arthritis Foundation Exercise 10:30 **11** Swiss Steak Baked Potato Green Beans Jello w/ Fruit Coconut Cream Pie Meals on Wheels Caregiver Academy 12:30-2:00	**12** St. George Movie Field Trip In House Only Sweet & Sour Meatballs w/peppers Rice Stir Fry Veggies Pears Molasses Cookie	**13** Sticky Chicken Rice Broccoli Tossed Salad Mandarin Oranges 7 Layer Bar Meals on Wheels LOCAL SHOPPING	**14** Country Fried Chicken Mashed Potatoes Beets Coleslaw Pears Cherry Cheesecake Meals on Wheels	"Mocktail" Hour Lunch & Activity **15** In House Only Black & White Chili White Bread w/Blackberry Jam Cheese Stuffed Black Olives Fruit Cocktail Black Tie Mousse Cake
18 CLOSED President's Day 	Free Hand Massages During Lunch **19** Ham & Potato Soup Carrots Cauliflower Coleslaw Pineapple Earthquake Cake Meals on Wheels	**20** Birthday Lunch & Music Turkey Potatoes & Gravy Green Bean Casserole Cranberry Salad Lemon Cake Meals on Wheels LOCAL SHOPPING	**21** Roast Beef Sandwich Beets Potato Salad Fruit Cocktail Brownie Care & Share Meals on Wheels	**22** Breakfast for Lunch In House Only Six Grain Pancakes Triple Berry Compote Bacon Sweet Corn Custard 4H Tech Help 1:30-2:30
Arthritis Foundation Exercise 10:30 **25** Meals on Wheels Chicken & Wild Rice Soup Broccoli Biscuit Cauliflower Coleslaw Peach Cobbler	**26** In House Only Hot Turkey & Cheese Tater Tots Mixed Vegetables Tossed Salad Pears Fruit Pie	**27** Meals on Wheels Sloppy Joe Potato Wedges Tossed Salad Mandarin Oranges Cinnabon Cake LOCAL SHOPPING	**28** Meals on Wheels White Chicken Chili Cornbread Broccoli Salad Peaches Coffee Cake Zion's Way Activity	