



FEBRUARY 2019		CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
				1 Meatballs w/Mushroom Gravy Mashed Potatoes Green Beans Roll Cookie Skim Milk	
4 Oven Fried Chicken Scalloped Potatoes Blackeyed Peas Biscuit Oranges & Pineapples Skim Milk	5 Beef & Noodles Buttered Carrots Lima Beans Pudding Bread Skim Milk	6 Taco Salad Chuckwagon Corn Mandarin Oranges Brownie Skim Milk	7 Polish Sausage Sauteed Onions & Peppers Pinto Beans Cornbread Fruit Cup Skim Milk	8 Chicken Tetrazzini Italian Vegetables Garlic Bread Strawberries Skim Milk	
11 Soft Taco Refried Beans Fiesta Corn Pears Skim Milk	12 Chicken & Dumplings Carrots Apple Cabbage Salad Peach Crisp Bread Skim Milk	13 Choice Grilled Liver & Onions or Salisbury Steak Mashed Potatoes Mixed Vegetables Roll --- Pineapples Skim Milk	14 Smothered Mushroom Chicken Squash Casserole Broccoli & Cheese Roll Red Velvet Cake Skim Milk  <i>"Happy Valentines Day"</i> 	15 Pulled Pork on Bun Baked Beans Potato Salad Banana Pudding Skim Milk	
18 CENTERS CLOSED FOR PRESIDENT'S DAY	19 Chicken Tenders w/Gravy Squash Casserole Green Beans Ice Cream Bread Skim Milk	20 Sliced Turkey w/Gravy Sweet Potatoes Mixed Vegetables Mixed Fruit Roll Pineapples Skim Milk	21 Fried Fish Tarter Sauce Tater Tots Coleslaw Baked Apples Cornbread Skim Milk	22 Hamburger Steak w/Onions Mashed Potatoes Peas & Carrots Chilled Peaches Bread Skim Milk	
25 Smothered Pork Chops Parslied Rice Blackeyed Peas Cookie Roll Skim Milk	26 Homeade Meatloaf Mashed Potatoes Gravy Carrots Cookie Bread Skim Milk	27 Great Northern Beans w/Ham Oven Fried Potatoes Turnip Greens Cornbread Apple Cobbler Skim Milk	28 BRUNCH Scrambled Eggs Sausage Fried Potatoes Biscuits & Gravy Orange Juice Skim Milk		

Center Phone: 501-327-2895

Open Monday — Friday 8:00 AM — 4:00 PM Transportation Available Like us on Facebook!

On the Web: fcseniors.com