

FEBRUARY 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
			<p>1</p> <p>Chili Dog Tater Tots Coleslaw Peach Cobbler w/Ice Cream Skim Milk</p>	<p>2</p> <p>Chicken Rice Casserole Broccoli Garlic Bread Mandarin Oranges Skim Milk</p>	
<p>5</p> <p>Beef Tips w/Gravy over Rice Peas Roll Fresh Fruit Skim Milk</p>	<p>6</p> <p>BBQ Pork Sandwich Baked Beans Coleslaw Apple Crisp Skim Milk</p>	<p>7</p> <p>Spaghetti w/Meat Sauce Green Beans Tossed Salad w/Dressing Garlic Bread Peaches Skim Milk</p>	<p>8</p> <p>Roast Beef Potatoes, Onion, Celery & Carrots Roll Pineapple Upside Down Cake Skim Milk</p>	<p>9</p> <p>Pinto Beans w/Ham Pickled Beets Cabbage Cornbread Oatmeal Cookie Skim Milk</p>	
<p>12</p> <p>Chili Con Carne Baked Potato Crackers Pears Cookie Skim Milk</p>	<p>13</p> <p>Chicken Pot Pie Salad w/Dressing Roll Strawberry Short Cake Skim Milk</p>	<p>14</p> <p>Happy Valentines Day "Love Me" Chicken Tenders "You are My" Hot Baked Potato "Sweet" Peas "Rock -N-" Roll "All Shook Up" Pudding Parfait</p>	<p>15</p> <p>Taco Soup Cheese Salad w/Dressing Crackers Fresh Orange Cookie Skim Milk</p>	<p>16</p> <p>Meatloaf w/Sauce Mashed Potatoes Seasoned Carrots Roll Cheesecake Skim Milk</p>	
<p>19</p> <p>CENTERS CLOSED FOR PRESIDENT'S DAY</p>	<p>20</p> <p>Bacon Wrapped Pork Filet Mashed Potatoes California Vegetables Roll Cookie & Orange Skim Milk</p>	<p>21</p> <p>Beef Stew Spinach Cornbread Rosey Pears Cookie Skim Milk</p>	<p>22</p> <p>Roast Turkey Sweet Potatoes Green Beans Roll Pumpkin Pie Skim Milk</p>	<p>23</p> <p>Soft Beef Taco Refried Beans Chuckwagon Corn Bread Pudding Skim Milk</p>	
<p>26</p> <p>Corn Chowder Baked Potato Diced Ham, Cheese, Sour Cream Bread Stick Strawberries & Cream Skim Milk</p>	<p>27</p> <p>Choice of: Salsbury Steak w/Gravy or Liver w/Onions Garlic Mashed Potatoes Corn Roll Chilled Fruit Skim Milk</p>	<p>28</p> <p>BRUNCH Scrambled Eggs Sausage Hashbrowns Biscuit & Gravy Banana Orange Juice Skim Milk</p>			
<p>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</p>					