

February 2021 Miami Senior Center Happy Valentines Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Egg Salad Sandwich, Cucumber Salad, Spinach Romaine Salad, Orange	2 Meatloaf, Mashed Potatoes w/Gravy, Carrots, Fruit Cocktail	3 Chicken Breast w/Marinara, Penne Pasta, Yellow Squash, Garlic Bread, Pears	4 Cod w/Dill and Lemon, Aparagus Tips, Coleslaw, White Rice, Melon	5 Baked Ham, Baked Beans, Broccoli, Stuffing, Apple Crisp	6
7	8 Tuna Salad, Pea Salad, Black Bean Salad, Mandarin Oranges	9 Swiss Steak, Brussel Sprouts, Cut Corn, Mashed Potato, Grapes	10 Pulled Pork, Broccoli, Baked Beans, Hoagie Roll, Melon	11 Spaghetti w/Meat Sauce, French Style Green Beans, Garlic Bread, Peaches	12 Sloppy Joes, Corn on the Cob, Potato Wedges, Orange	13
14 	15  President's Day Senior Center Closed	16 Sweet and Sour Pork, Asian Stir Fry, Braised Eggplant w/Mushrooms, Mandarin Oranges	17 Pot Roast, Mashed Potatoes w/Gravy, Sliced Carrots, Roll, Cherry Fluff	18 Cajun Spiced Catfish, Kidney Beans, Cucumber/Tomato Salad, Dirty Rice, Fruit Cocktail	19 Bean Burros, Spanish Rice, Garden Salad w/Tomato, Ambrosia Fruit Salad	20
21	22 Turkey Sandwich, Potato Chips, Coleslaw, Melon	23 Cottage Pie, Sliced Carrots, Mashed Red Potatoes, Pineapple w/Cottage Cheese	24 Stuffed Chicken Breast, Candied Beets, Roasted Yellow Potatoes, Stuffing, Applesauce	25 Fish Tacos, Refried Beans, Coleslaw, Lemon Wedge Mandarine Orange	26 Chef Salad W/Cucumbers, Carrot Pineapple Salad, Fig Newton, Orange	27
28	1	2	3	4	5	6



7 8 **NOTES** Miami Senior Center 506 Live Oak Street Miami, Arizona 85539 928-473-4190. The Miami Senior Center cannot deliver home bound meals without authorization from case manager. Many people believe that they just have to call the center to receive a meal but they must be referred through Pinal-Gila Council for Senior Citizens. 1-800-293-9393. Miami Senior Center complies with provisions of the ADA and Civil Rights Act of 1964 and does not discriminate on the basis of age, disability, race, color, nation, origin or gender. Suggested Donations: Home Delivered Meals \$ 2.00 and Congregate Meals \$2.00