

*Bucksport Senior Center Meals Program Meals Prepared by RSU#25 Staff*

*Please Make checks payable to RSU #25 Please call in advance as soon as you know you are able to attend to allow us to plan enough meals for the day. Please call if you are unable to attend after a reservation is made. The meals are served at the Senior Center @ 125 Broadway*

*Call 469-3632 for information or reservation*

Monday	Wednesday	Friday	
	Feb. 1 Chicken Alfredo over pasta Garden Salad Low Fat Chocolate Cake	Feb. 3 Best Ever Meatloaf Baked Potato Steamed Broccoli "Pudding w/Topping"	All Ages are Welcome to attend the meal! \$4 per meal
Feb. 6 Salisbury Steak Baked Potato Steamed Veggies Frozen Yogurt	Feb 8 "Red Hat's Day" Haddock/Shrimp Bake Rice Pilaf Caesar Salad Pudding	Feb 10 Ham & Bacon Quiche Steamed Broccoli and Biscuit Apple Bar	Meal subject to change without notice subject to availability of items
Feb. 13 "Valentine's Lunch" Chicken Parmesan w/cheese Garlic Bread Italian Ice	Feb. 15 Baked Talipia w/herb crust Rice Pilaf Green Bean Fresh Fruit	Feb. 17 Deep Dish Chicken pot pie w/stuffing, roll Granola & Yogurt	Like to have a group luncheon? Let the staff know!
Feb. 20 President's Day Meal by donation! Spagetti & Meatball Salad Ice Cream Sundaes	Feb. 22 Oven Fried Chicken, steak fries Fresh cukes & tomato Fruit Cup	Feb 24 Stuffed shells w/marinara sauce Garlic Bread & Salad Cookies	All meals served with Reduced fat milk Coffee and drink available
Feb 27 Vegetable Lasagna Garden Salad Fresh Fruit	Feb. 29 Chicken ala King over biscuit Garden salad Frozen yogurt	"Happy Valentines" & Leap Year!!	Whole wheat is used in most baked items