

11:30 Fri, FEB. 9 SHEERY BRENNAN	11:30 Wed, FEB. 14 MICHAEL JOHNSON	11:30 Wed, FEB. 21 GEM FIDDLERS	11:30 Wed, FEB. 28 JEFF & SANDY	11:30 Every Thur. PAT BLESSIN-ORGAN MUSIC	8:00 am Sat, FEB. 10 MARLA GARRETT	8:00 am Sat, FEB. 10 BREAKFAST
FEBRUARY 2018						
Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving						
TWIN FALLS SENIOR CENTER 734-5084 530 SHOSHONE STREET W., TWIN FALLS, IDAHO 83301 Center Office Hours Mon-Fri 8:00am to 5:00pm www.tfseniorcenter.com facebook - Twin Falls Senior Center VOLUNTEER DRIVERS & CENTER VOLUNTEERS NEEDED Call today to get started			<small>Twin Falls Senior Center Serving the Community</small>  <small>TFSC</small> <small>One Heart at a Time...</small>	Thursday 2018-02-01 Fish Strips	Friday 2018-02-02 GroundHog Stuffed Peppers	Saturday 2018-02-03
				Pea Salad Green Salad Fruit AuGratin Potatoes Cauliflower w/cheese Spoonbread No Bake Cookie	Bacon Spinach Salad Waldorf Salad Fruit Rice Pilaf Green Peas w/ Pearl Onions Focaccia Bread Banana Cream Pie	
Sunday 2018-02-04	Monday 2018-02-05 Fried Chicken	Tuesday 2018-02-06 BBQ Pulled Pork Sandwich	Wednesday 2018-02-07 Enchilada Casserole	Thursday 2018-02-08 Shepherd's Pie	Friday 2018-02-09 Baked Potato Bar	Saturday 2018-02-10 \$8 Fundraising Breakfast
	Spring Mix Salad Macaroni Salad Fruit Mashed Pot w/Country Gravy Corn on the Cob Nibbles Zucchini Bread Butterscotch Pudding	Coleslaw Potato Salad Fruit Macaroni & Cheese Collard Greens w/Neck Bones Bun Fruit Tart	Mexican Bean Salad Jicama Mango Salad Fruit Spanish Rice Roasted Corn & Black Beans Flour Tortilla Mexican Chocolate Cake	Tropical Pear Salad Ceasar Salad Fruit Cheddar Mashed Potatoes Lima Beans Cornbread Oatmeal Apple Crisp	Green Pea Salad Pineapple Salad Fruit Chile Con Carne Broccoli w/ cheese sauce Focaccia Bread Bread Pudding	Stuffed Crepes Ham, Sausage, Bacon Potatoes, eggs Biscuit & Gravy, Fresh Fruit, Bread Trays Coffee, Milk, & Juice
Sunday 2018-02-11	Monday 2018-02-12 Breakfast Bar	Tuesday 2018-02-13 Chicken Ala King	Wednesday 2018-02-14 Burgundy Beef Tips	Thursday 2018-02-15 Spaghetti Bolognese	Friday 2018-02-16 Sweet and Sour Pork	Saturday 2018-02-17
Yvonne Brown 90th Birthday Party 2:00-4:00 pm	Cottage Cheese w/ Fruit Cheese Omelette Fruit 2 Bacon 2 Sausage links O'Brien Hashbrown Potatoes Plain Crepes Blueberry Muffin	Green Salad Bacon Cauliflower Salad Fruit Rice Spinach Artichoke Gratin Buttermilk Biscuit Snickerdoodle Cookie	Orzo Caprese Salad Green Salad Fruit Garlic Mashed Potatoes Peas & Carrots Garlic Roll Red Velvet Cupcake	Caesar Salad Jello w/ Fruit Fruit Spaghetti Noodles Sauteed Garlic Mushrooms Focaccia Bread Toffee Choc Chip Cookie	Thai Peanut Salad Asian Slaw Fruit Fried Rice Stir Fry Vegetables Egg Roll Lemon Meringue Pie	
Sunday 2018-02-18	Monday 2018-02-19 Chicken Fried Steak Fritter	Tuesday 2018-02-20 Baked Caesar Chicken	Wednesday 2018-02-21 BBQ Pork Baby Back Ribs	Thursday 2018-02-22 Chicken Strips	Friday 2018-02-23 Mediterranean Pork	Saturday 2018-02-24
ABCL Unit 400 Bridge 12:00 - 4:00 pm REMINDER: President's Day (Monday)→	Green Salad Carrot Apple Celery Salad Fruit Mashed Potatoes w/ Gravy Beans w/Bacon & Red Onion Wheat Bread Cherry Cheesecake Bar	Strawberry Spinach Salad Tomato Cucumber Salad Fruit Wild Rice Pilaf Sunshine Carrots Focaccia Bread Icebox Cake	Southwestern Coleslaw Lemon Cream Salad Fruit Cowboy Baked Beans Fire Roasted Sweet corn Italian Roll Birthday Cake	Seafood Pasta Salad Coleslaw Pineapple Salad Fruit Tatortot Casserole Squash Blend Vegetables Wheat Bread Peanut Butter Cookie	Spring Mix Greens Cucumber Dill Salad Fruit Roasted Red Potatoes Mixed Beans w/Pepper & Onion Spoonbread Peach Crisp	
Sunday 2018-02-25	Monday 2018-02-26 Italian Sausage & Peppers	Tuesday 2018-02-27 Beef Shortribs	Wednesday 2018-02-28 Liver & Onions or Meatloaf	AARP TAX Appointments 9:00 am - Noon 1:00 - 4:00 pm Every Tuesday & Thursday Call 208-734-5084 to schedule your appointment for March & April!	Note: Bold Italic Salad will go out with Home Delivered Meals (HDM) Daily Meal Drinks include a choice of WATER 1% MILK TEA COFFEE	Meal Costs: 60+ \$5.00 (suggested donation) Under 60 \$6.00 9 and Under 12 \$3.00 Cinnamon Roll - \$2.00 Coffee - \$.50 Soup to Go: \$3.00 Lunch to Go: \$5.50
	Tortellini Salad Caprese Green Salad Fruit Bowtie Noodles Italian Blend Vegetables Breadsticks Applesauce Cake	Green Salad Cottage Cheese w/ Peaches Fruit Potato Gnocchi Asparagus Blend Vegetables Garlic Roll Oatmeal Raisin Cookie	Parfait Salad Very Veggie Salad Fruit Mashed Potatoes w/ Gravy Bacon Brussel Sprouts Focaccia Bread Cheesecake Brownie			