

10:00-3:00 Wed., FEB 6 BOARD ELECTION	11:30 Wed., FEB 6 TOM LANCASTER	11:30 Tues., FEB 12 MICHAEL JOHNSON	11:30 Wed., FEB 20 MV GEM FIDDLERS	11:30 Every Thur. PAT BLESSIN	11:30 Wed., FEB 27 BILL PARTIN	8:00 am Sat., FEB 9 Breakfast/MARLA GARRETT
Feb-19	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					Feb-19
TWIN FALLS SENIOR CENTER  208-734-5084  530 SHOSHONE ST. W., TWIN FALLS, ID. 83301 CENTER OFFICE HOURS Mon-Fri 8:00 am to 5:00 pm Website - www.tfseniorcenter.com Facebook - Twin Falls Senior Center CENTER VOLUNTEERS & DRIVERS NEEDED!!!		TFSC MEAL COSTS Age 60 & over \$5.00 (suggested donation) Under 60 \$6.00 Under 9 \$3.00 Lunch to Go \$6.00 Cinnamon Roll \$3.00 Coffee \$.50 Soup to Go \$3.00	TWIN FALLS SENIOR CENTER BOARD ELECTION 10 am to 3:00 pm February 6, 2019 Only TFSC Congregate members are allowed to VOTE	Bold Italic Salad will go out with Home Delivered Meals (HDM) Daily HDM Meal Drink Choices 2% MILK ORANGE/APPLE /CRANBERRY JUICE NON FAT CHOCOLATE MILK Daily CENTER Meal Drink Choices WATER TEA COFFEE MILK	Friday 2019-02-01 Beef Stroganoff Pickled Beet Salad Green Salad Noodles Fruit w/Vitamin C Lima Beans Roll Apple Crisp	Saturday 2019-02-02 SMILE FOR SENIORS DENTAL FAIR Free Oral Cancer Screening Saturday - FEB 9th 8-10 AM In conjunction w/Breakfast ↓
Sunday 2019-02-03	Monday 2019-02-04 Sweet & Sour Pork	Tuesday 2019-02-05 Meat Loaf w/gravy	Wednesday 2019-02-06 Spaghetti w/meat sauce	Thursday 2019-02-07 Lemon Pepper Tilapia	Friday 2019-02-08 Au gratin Sausage Skillet	Saturday 2019-02-09 \$8 Fundraising Breakfast
	Cottage Cheese Salad Tropical Pear Salad Asian Fried Rice Fruit Stir Fry Vegetables Egg Roll Banana Pudding	Orzo Veggie Salad Jello w/Carrots & Celery Garlic Roasted Potatoes Fruit Squash Blend Vegetables Zucchini Bread Peanut Butter Bar	Spinach Salad Broccoli Raisin Salad Spaghetti Noodles Fruit Green Beans Garlic Bread Choc Cinnamon Brownie	Macaroni Coleslaw Under the Sea Jello Rice Pilaf Fruit Broccoli & Cauliflower Cranberry Pumpkin Muffin Lemon Crinkle Cookie	Quinoa Chickpea Salad Spring Mix Salad Au gratin Potatoes Fruit Brussel Sprouts Biscuit Oatmeal Raisin Cookie	8:00-10:00 am Stuffed French Toast Link Sausage, Ham, Bacon Potato Casserole Biscuit & Gravy, Eggs Fresh Fruit, Crepes, Bread Trays Coffee, Milk, & Juice
Sunday 2019-02-10	Monday 2019-02-11 Creamy Chicken & Rice	Tuesday 2019-02-12 Mushroom Salisbury Steak or Liver & Onions	Wednesday 2019-02-13 Ham, Bean Muffin Casserole	Thursday 2019-02-14 VALENTINE'S DAY LUNCH Beef Stuffed Manicotti w/Sauce	Friday 2019-02-15 Mediterranean Pork	Saturday 2019-02-16
	Pea Salad Green Romaine Salad Rice Fruit Sliced Beets Slice of Wheat Bread Chewy Chocolate Chip Cookie	Barley Veggie Salad Parfait Salad Smashed Potatoes Fruit Mixed Roasted Vegetables Onion Roll Banana Blueberry Cupcakes	Ambrosia w/Acini De Pepe Green Salad White & Pinto Beans Fruit Sunshine Carrots Cornbread Muffin Lemon Bar	Mixed Green Salad w/Vinaigrette Cheesecake Apple Salad Fluff Manicotti Shell Fruit Normandy Blend Vegetables Garlic Bread Strawberry Valentine Cupcake	Greek Green Salad Popsicle in a Bowl Salad Potatoes Boulangere' Fruit Stewed Tomatoes w/peppers Whole Wheat Roll Creamy Rice Pudding	11:00 Pioneer Button Club Mtg (CFR) 1:00 pm Mary Kay Event  Princess in the Making Royalty Dance 6-8 pm
Sunday 2019-02-17	Monday 2019-02-18 Beef Tips w/gravy	Tuesday 2019-02-19 Cheese & Chicken Enchiladas	Wednesday 2019-02-20 Chicken Fried Steak	Thursday 2019-02-21 Pulled Pork Sandwich	Friday 2019-02-22 Chicken Bacon Pasta w/garlic sauce	Saturday 2019-02-23
President's Day Mon, Feb 18th  12:00-4:00 ACBL UNIT 400 BRIDGE (MPR)	Rainbow Rotini Salad Green Salad Mashed Potatoes Fruit Winter Root Vegetables Parmesan Roll Snickerdoodle Cookie	Mexican Style Slaw Pico De Galo Cheesy Refried Beans & Rice Fruit Mexi-Corn Tortillas Tres Leches Cake	Frog Eye Salad Spring Mix Green Salad Mashed Potatoes w/Country Gravy Fruit Roasted Broccoli Whole Wheat Roll Birthday Cake	Creamy Coleslaw 7up Lime w/Pineapple Salad Macaroni & Cheese Fruit Sauteed Carrots Bun Oatmeal Chocolate Chip Cookie	Caesar Salad Sugar Snap Pea Salad Pasta Fruit Spinach & Tomatoes Ice Box Cake	2018 YEARLY STATS Meals on Wheels Home Delivered Meals (HDM) Office on Aging Meals 27,527 State Medicaid 8,361 Blue Cross 4,383 Molina 1,080
Sunday 2019-02-24	Monday 2019-02-25 Orange Glazed Pork	Tuesday 2019-02-26 Cranberry Dijon Chicken	Wednesday 2019-02-27 Lasagna	Thursday 2019-02-28 Chicken/Turkey Pot Pie	2018 Center Meal Counts Congregate Meals 15,692 Under age 60 Meals 2,413 To go meals/Other meals 459 Total Yearly Meals 18,564 Mthly Meal Average 1,547 Congregate Members 1,118	
	Spaghetti Salad Lemon Cream Salad Sweet Potatoes, Apples, Orange Fruit Peas & Carrots Whole Wheat Roll Pineapple Upside Down Spice Cake	Tangy Carrot Slaw Green Salad w/veggies Rice Fruit Asparagus Blend Vegetables Bacon Cheese Stuffed Muffin Pistachio Pudding	Crunchy Veggie Salad Jello Salad Lasagna Noodles Fruit Green Beans Garlic Bread Blonde Brownie	Spring Mix Green Salad Cranberry Waldorf Salad Rice Fruit Mixed Vegetables Biscuit Peanut Butter Cookie	Total Medicaid Meals 13,824 Private Pay Meals 7,615 Grant Meals > 60 9,322 Grant Meals < 60 2,784 Total Yearly Meals 61,072 Mthly Meal Average 5,089 Total Meals for 2018 * 79,636	