

# SENIOR MEALS PROGRAM

## Home Cooked Meals

7 days/week

\$5 suggested donation

No person 60 or older  
will be denied a meal







## Dine In ❖ Carry Out Delivery\*

\*must call 605-892-6285

Please determine your contribution  
based on your comfort level.

www.bellesilverlining.com

# What's Cookin' for FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> Turkey & Wild Rice Soup w/ Veggies Spinach Salad w/cranberries Buttermilk Rolls Cupcakes	<b>2</b> Hot Hamburger Mashed Potatoes & Gravy Peas & Carrots Dessert	<b>3</b> BBQ Pork Chops Sweet Potato Casserole Cauliflower Dessert	<b>4</b> Oven-baked Chicken Roasted Reds Corn Garden Salad	<b>5</b> Baked Cod* Rice Pilaf Broccoli Jello w/Fruit Biscuit	<b>6</b> Chili w/ Cheese & Onion Corn Bread Winter Salad Cookie
<b>7</b> Pancakes Sausage Patty Scrambled Eggs Orange Juice	<b>8</b> Chicken Enchilada Refried Beans w/Cheese Mexican Rice Garden Salad	<b>9</b> Steak Fritters Mashed Potatoes w/Gravy Green Beans Dessert	<b>10</b> Beef Stroganoff w/ Egg Noodles Mixed Veggies French Bread	<b>11</b> Pork Loin Roasted Reds Cheesy Cauliflower Bread Dessert	<b>12</b> Salmon* Patty on a Bun w/Lettuce/Pickles Sweet Potato Fries Wax Bean Jello w/Fruit	<b>13</b> Smoked Sausage w/ Onions/Peppers Mac & Cheese Garden Salad w/Cucumbers Fruit
<b>14</b> Lemon Chicken Rice Pilaf w/ Cranberry & Almonds Cauliflower 	<b>15</b> Chili Over Baked Potato w/Cheese/Onion Garden Salad Pineapple	<b>16</b> Turkey Noodles Carrots Cornmeal Rolls Fruit	<b>17</b> Meat Loaf Stewed Tomatoes Corn Buttered Mashed Potatoes Cookie	<b>18</b> Stuff Pepper Soup Fried Bread w/ Honey Cinnamon Butter Fruit	<b>19</b> Unprepared Cod* French Fries Coleslaw Ranch Dip Lemon Cake	<b>20</b> Pulled Pork Sandwiches Roasted Reds Vegetable Medley Chocolate Cup Cake
<b>21</b> Beef Stew Cornbread Salad Cake	<b>22</b> Pigs in a Blanket w/ Onions/Peppers Home Fries Broccoli Fruit Jello Salad	<b>23</b> Hamburger on a Bun w/ Trimmings BBQ Beans Pea Salad Cookies	<b>24</b> Chicken & Noodles w/ Carrots & Celery Spinach Salad Fruit & Yogurt	<b>25</b> Pot Roast Mashed Potatoes w/Gravy Carrots & Peas Bun	<b>26</b> Salmon* Loaf Roasted Reds Broccoli Cucumber Salad Lemon Cookie	<b>27</b> Cook's Choice
<b>28</b> Ham Sweet Potatoes Green Beans Green Salad Apple Sauce Cake			Menu Subject to Change			
<h2>FISH FRIDAYS!</h2> We are offering fish every Friday. *Alternative Available: SOUP & SANDWICH Must request when ordering.						