



ARCTIC ROSE CAFÉ

The Arctic Rose Café is open for Curbside pickup by pre-order only.

Orders will be taken Monday through Friday between 9 a.m. and 3 p.m. up to the day before pickup by emailing skimura@anchorage seniorcenter.org or calling 907-770-2004

Three meals a day - Breakfast, Lunch, and Dinner.

All meals prepared daily with the menus reviewed by our nutritionist in advance.

Meals are offered to seniors at no cost. **A suggested donation of \$5 per meal will help to support the program, but any donation is accepted.** Name and birthdate are required at time of order.

Additional meals can be ordered for family members or caregivers at the recommended donation of \$5 as well.

Multiple meals can be ordered at one time.

WEEK 1: Monday, March 1 through Friday, March 5, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
Sunrise Sandwich (A Biscuit with Egg, Turkey Sausage Patty, and Cheese), Home Fries, and Fruit	Pancakes & Eggs Sliced Ham*, Scrambled Eggs, and Fruit	Scrambled Eggs Turkey Sausage, or Ham Slices*, and Fruit	French Toast Scrambled Eggs, Turkey Sausage, and Fruit	Belgian Waffle Scrambled Eggs, and Fruit
LUNCH				
Soup & Sandwich Ham* & Bean Soup, Beef Sandwich, Salad, and Fruit	Beef Enchiladas Chicken Tortilla Soup, Spanish Rice, Refried Beans, Salad, and Fruit	Sloppy Joes Chicken Soup, Tater Tots, Salad, and Fruit	Soup & Sandwich Pastrami Sandwich, Minestrone Soup, Salad, and Fruit	Soup & Sandwich Manhattan Clam Chowder*, Tuna Fish Sandwich, Salad, and Fruit
DINNER				
Ham Steak* Scalloped Potatoes, Peas and Carrots, Salad, a Roll, and Apple Crisp	Herb Baked Chicken Rice Pilaf, Mixed Vegetables, Salad, a Roll, and Apple Pie	Lasagna Broccoli, Salad, a Roll, and Chocolate Cake	Turkey & Gravy Mashed Potatoes, Green Beans, Salad, a Roll, and Pumpkin Pie	Baked Cod Rice Pilaf, Broccoli, Salad, a Roll, and Cheesecake

*May contain pork.