

FEBRUARY HOT MENU

		Wednesday 2/1/2023	Thursday 2/2/2023	Friday 2/3/2023
All meals are served with skim or 1% milk		Hawaiian BBQ Chicken Brown Rice Pilaf Cauliflower* WG Dinner Roll/Marg Butterscotch Pudding	Roasted Pork Chop with Apple Chutney Mashed Potatoes Green Beans* Wheatberry Roll/Marg Mandarin Oranges	Beef Stew with Potatoes, Carrots & Peas Mixed Greens Salad/Dress PC Chuckwagon Corn* Mini Buttermilk Biscuit/Marg Pineapple Tidbits
Monday 2/6/2023	Tuesday 2/7/2023	Wednesday 2/8/2023	Thursday 2/9/2023	Friday 2/10/2023
Oven Fried Chicken* Breast & Gravy Oven Roasted Baby Reds Green Peas* Honey Wheat Bread/Marg Diced Peaches	Italian Meatballs Baked Potato/Sour Cream PC Broccoli* WG Breadstick/Marg Sugar Cookie	Sliced Roast Beef & Gravy Garlic Mashed Potatoes Brussels Sprouts* Vienna Bread/Marg Decorated Birthday Cake	Meatloaf & Gravy Twice Baked Mashed Potatoes Glazed Carrots WG Dinner Roll/Marg Fruit Mix	Pork Fritter* Mashed Potatoes & Gravy Green Beans* Marble Bread/Marg Sliced Pears
Monday 2/13/2023	Tuesday 2/14/2023	Wednesday 2/15/2023	Thursday 2/16/2023	Friday 2/17/2023
Cheeseburger* on a WG Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Potato Wedges* Fresh Orange	Baked Ham* Baked Sweet Potato Winter Mix* WG Dinner Roll/Marg Strawberry Cheesecake Pudding <i>Happy Valentine's Day</i>	Western Omelet* in Cheese Sauce Breakfast Potatoes Vegetable Juice Blueberry Muffin Glazed Pineapple	Sweet & Sour Meatballs Oriental Blend Vegetables* Brown Rice Pilaf Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk	Beef Ravioli in Marinara with Shredded Mozzarella Cauliflower* Mixed Greens Side Salad WG Breadstick/Marg Mandarin Oranges
Monday 2/20/2023	Tuesday 2/21/2023	Wednesday 2/22/2023	Thursday 2/23/2023	Friday 2/24/2023
 <i>Senior Center Closed</i>	Turkey Breast & Gravy Mashed Potatoes Zucchini & Tomatoes* WG Dinner Roll/Marg Strawberry Shortcake	Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potato Green Peas* Pumpnickel Bread/Marg Fruit Cocktail <i>Ash Wednesday</i>	Soft Shell Beef Taco Taco Meat*, Shred Cheese Shred Lettuce, Diced Tomato Fiesta Corn* 8" Flour Tortilla Applesauce 1% or Skim Milk	10 Grain Fish Filet* Oven Roasted Baby Reds Oven Roasted Vegetables* Italian Roll/Marg Chocolate Chip Cookie
Monday 2/27/2023	Tuesday 2/28/2023			
Country Fried Steak* Mashed Potatoes & Gravy Brussels Sprouts* Marble Bread/Marg Classic Fruit Salad	Beef & Bean Chili Baked Potato/Sour Cream PC Mixed Greens Side Salad Dressing PC Cornbread/Marg Tropical Fruit			

FEBRUARY DELI MENU

		2/1/2023	2/2/2023	2/3/2023
All meals are served with skim or 1% milk		Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Butterscotch Pudding	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Fruit Punch Juice Mandarin Oranges	Egg Salad on Croissant w/ Lettuce & Tomato Three Bean Salad Pineapple Tidbits 1% or Skim Milk
Monday 2/6/2023	Tuesday 2/7/2023	Wednesday 2/8/2023	Thursday 2/9/2023	Friday 2/10/2023
Deli Roast Beef & Cheddar Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Diced Peaches	Creamy Cheese Tortellini over Mixed Greens Salad w/ Grape Tomatoes & Black Olives Crackers (2pk) Sugar Cookie	Deli Ham & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Decorated Birthday Cake	Turkey & Swiss on Marble Bread w/ Lettuce & Tomato Marinated Vegetable Salad Fruit Mix	Chicken Pasta Salad over Mixed Greens Salad Tomato Wedges Croutons Sliced Pears
Monday 2/13/2023	Tuesday 2/14/2023	Wednesday 2/15/2023	Thursday 2/16/2023	Friday 2/17/2023
Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Fresh Orange	HOT MEAL ONLY Baked Ham* Baked Sweet Potato Winter Mix* WG Dinner Roll/Marg Strawberry Cheesecake Pudding Happy Valentine's Day	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Apple Juice Glazed Pineapple	Chicken Caesar Salad w/ Caesar Dressing Croutons Mixed Greens Entrée Salad 100% Grape Juice Diced Pears	Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Cowboy Caviar Mandarin Oranges
Monday 2/20/2023	2/21/2023	Wednesday 2/22/2023	Thursday 2/23/2023	Friday 2/24/2023
 <i>Senior Center Closed</i>	Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Strawberry Short Cake	Turkey & Cheddar with Leaf Lettuce & Tomato on 1/2 Ciabatta Coleslaw Fruit Cocktail	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Mixed Greens w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Applesauce	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Chocolate Chip Cookie
Monday 2/27/2023	Tuesday 2/28/2023			
Chicken Pasta Salad over Romaine Blend Salad Tomato Wedges Housemade Croutons Classic Fruit Salad	Turkey & Cheddar with Leaf Lettuce & Tomato on 1/2 Ciabatta Coleslaw Tropical Fruit			