

February Regular Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Turkey Casserole 6oz Rice Pilaf 4oz Carrots 4oz Pudding/Diet Pudding 4oz Multigrain Bread 1pc	30 Lasagna 1pc Meat Sauce 2oz Cauliflower 4oz Brownie/Lorna Doones 1pc Dinner Roll 1pc Parmesan Cheese 1pc	31 Tomato Soup 6oz Breaded Chicken Patty 1pc Roasted Potatoes 4oz Mixed Veggies 4oz Fresh Fruit 1pc Burger Bun 1pc Honey Mustard Packet 1pc	1 Baked Haddock 1pc Lemon Pepper sauce 2oz Broccoli 4oz Vegetable Rice 4oz Mixed Fruit 4oz Oatmeal Bread 1pc	2 Beef Stew w/vegetables 7oz (no potatoes in stew) Steamed Potatoes 4oz WW Dinner Roll 1pc Mandarin Oranges 4oz
5 Macaroni & Cheese 8oz Crumb Topping .25oz (side) Peas 4oz Pineapple 4oz Oat Bread 1pc	6 Diced Pork 3oz with apples*2oz (recipe below) Sweet Potatoes 4oz Brussels Sprouts 4oz Peaches 4oz WW Bread 1pc	7 Chicken Noodle Soup 6oz Cheeseburger 1pc Roasted Potatoes 4 oz Capri Blend 4 oz Hamburger Roll 1 pc Lorna Doones Ketchup and Mustard 1 pc	8 Crust less Chicken Pot pie (carrots, corn, peas) 6oz Mashed Potatoes 4oz Green Beans 4oz Applesauce 4oz Biscuit 1pc	9 Vegetable Frittata 1pc Roasted Potatoes 4oz Baked Apples 4oz Yogurt 1pc Juice 1pc (no milk) WW Dinner Roll 1pc Ketchup 1pc
12 Chicken Fricassee* White Rice 4oz Butternut Squash 4oz Mixed Fruit 4oz Multigrain Bread 1pc	13 Vegetable Soup 6oz Sausage 1pc Peppers and onions 2oz Roasted Potatoes 4oz Corn 4oz WW Dinner Roll 1pc Fresh Fruit 1pc	14 Valentine's - NO SOUP Eggplant Parmesan 1pc Pasta (mixed with sauce) 4oz Summer Squash Blend 4oz Italian Bread 1pc Chocolate Mousse 4oz/diet pudding, Parmesan 1pc	15 Birthday - Meatloaf 1pc Gravy 2oz Mashed Potatoes 1pc Carrots & Parsnip 4oz Oat Bread 1pc Bday Cake/Angel food cake 1pc Ketchup 1pc	16 Chinese New Year Asian Fish 1pc Lo Mein Noodles 4oz Asian Veggies 4oz Mandarin Orange (whole)1pc Fortune Cookie 1pc Dinner Roll 1pc
19 President's Day No Meals Served	20 Meatballs 3pc Marinara Sauce 2oz Pasta mixed with sauce 4oz Creamed Spinach 4oz Dinner Roll 1pc Peaches 4oz	21 Corn chowder 6oz Potato Breaded Fish 1pc Mixed Veggies 4oz Lemon Rice 4oz Yogurt 1pc Oat Bread 1pc Tartar Sauce 1pc	22 Turkey 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Pears 4oz WW Dinner Roll 1pc Cranberry Sauce 1pc	23 Lentil Stew 6oz Cornbread (third compartment) 1pc Brown Rice Pilaf 4oz Green Salad 4oz (in cold bag), Dressing 1pc Fresh Fruit (orange) 1pc
26 LS Hot Dog 1 pc Pork Baked Beans 4 oz Potato Chips 1pc Hot Dog Roll 1 pc Mandarin Oranges 4oz Ketchup, Mustard, Relish 1 pc each	27 Beef Burgundy 4oz Mashed Potatoes 4oz Broccoli 4oz Italian Bread 1pc Chef's Dessert	28 Tortellini soup 6oz Herb Roasted Chicken 1pc Roasted Potatoes 4oz Beets 4oz WW Dinner Roll Fruit Loaf/Lorna Doones 1pc Cranberry Sauce 1pc		