




# February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk (12) is provided with each meal</i></p> <p><i>Numbers in parentheses represent carbohydrate count</i></p>				<p><b>1</b> Garlic Roasted Beef Round(0) Roasted Baby Potatoes(15) Gravy(10) Peas(11) Diced Peaches(19) Fresh Baked Roll(16)</p>
<p><b>4</b> Country Fried Steak(04) Mashed Potatoes &amp; Country Gravy(26) Mixed Vegetables(12) Orange(22) Fresh Roll(15)</p>	<p><b>5</b> Sweet &amp; Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Cottage Cheese/ Fruit(12) Fortune Cookie(24)</p>	<p><b>6</b> Soft Shell Ground Beef Taco Shredded Lettuce,Diced Vine Ripe Tomato,Cheese,Refried Beans,Taco Sauce, Sour Cream(40) Mandarin Oranges(11)</p>	<p><b>7</b> Homemade Chicken Pot Pie(40) Fresh Baked Biscuit(25) Jell-o with Fruit(18) Roasted Corn (14)</p>	<p><b>8</b> Roast Turkey Breast(03) Garlic Mashed Potatoes &amp; Turkey Gravy(26) Carrots(06) Fresh Roll(15) Mandarin Oranges(11)</p>
<p><b>11</b> Traditional Salisbury Steak(05) Garlic Mashed Potatoes &amp; Gravy(26) Mixed Vegetables(12) Fresh Roll (15) Diced Pears(19)</p>	<p><b>12 National Tortellini Day</b> Three Cheese Tortellini with Basil Marinara Sauce(28) Green Salad(02)Carrots(06) Fresh Roll(15) Cinnamon Apple Crisp(67)</p>	<p><b>13</b> Hearty Beef and Vegetable Stew(14) Fresh Green Salad (02) Fresh Baked Corn Bread Muffin(33) Peaches(19)</p>	<p><b>14</b> Homemade Meat Loaf(03) Garlic Mashed Potatoes and Gravy(26) Roasted Corn(14) Fresh Roll(15) Orange(22) Valentines Cookies(16)</p>	<p><b>15</b> Barbeque Chicken (03) Au Gratin Potatoes(19) Seasoned Green Beans(02) Fresh Local Apple(28) Fresh Baked Roll (16)</p>
<p><b>18</b></p>  <p><b>NO MEAL</b></p>	<p><b>19</b> Savory Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spear(0.7) Diced Peaches(19)</p>	<p><b>20</b> Ms.Helen's Cheesy Beef Lasagna(19) Seasoned Peas(02) Fresh Garlic Bread(15) Cinnamon Apple Sauce ( 14)</p>	<p><b>21</b> Three Bean Beef Chili(03) California Blend Vegetables(18) Fresh Baked Fruit Crisp(67) Cornbread(28)</p>	<p><b>22</b> Barbeque Pulled Pork(03) Hot German Potato Salad(19) Seasoned Corn(02) Fresh Local Apple(28) Fresh Baked Roll (16)</p>
<p><b>25</b> Cured Honey Baked Ham(02) Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Assorted Tropical Fruit(08)</p>	<p><b>26 National Kalua Day</b> Kalua Pork(00) Hawaiian Rice(25) Seasoned Corn(14) Pineapple Tidbits(07) Brownie(23) Fresh roll(15)</p>	<p><b>27</b> Hawaiian Haystacks Diced Vine Ripe Tomatoes, Green Peas, Diced Celery, Pineapple Tidbits, Sweetened Coconut Flake, Sliced Black Olives, Chow Mein Noodles, Cheese, Steamed White Rice(30) California Blend Veg(05)</p>	<p><b>28</b> Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Seasoned Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges (11)</p>	

**Suggested Donation \$3/meal**

**Menu is subject to change**