

NUTRITION & SERVICES FOR SENIORS
FEBRUARY 2021
 MENU

MON	TUE	WED	THU	FRI
1 *5	2 *5	3 *5	4 *5	5 *5
Chicken & Dumplings Cauliflower w/Red Peppers Roll Vanilla Pudding Milk	Pork Stew Brown Rice Yellow Squash Roll Ambrosia Juice	Spanish Meatballs Mashed Potatoes Broccoli Cornbread Orange Slices Juice	Baked Pork Chops Black-eye Peas Sweet Potatoes Roll Sugar Cookie Milk	Hamburger Steak w/Gravy Rice Carrots Roll Diced Pears Juice
8 *4	9 *4	10 *5	11 *5	12 *5
Cabbage Roll Cali Blend Veggies Roll Fruit Cup Milk	Baked Chicken Legs Squash Casserole Roll Yogurt Juice	Ham Hash Brown Potato Casserole Turnip Greens Roll Apple Juice	Pizza Casserole Italian Mixed Veggies Breadstick Cinnamon Apples Milk	Chicken Alfredo Rotini Zucchini Breadstick Spiced Peaches Juice
15 *5	16 *5	<i>Lent 17 Begins</i>	18 *5	19 *5
Sausage & Potatoes Stewed Tomatoes Roll Applesauce Juice	Chicken & Rice Casserole Broccoli Spiced Pineapple Milk	Baked Fish *6 w/Yvette Sauce Brown Rice Okra Roll Choc Chip Cookie Juice	Cheeseburger Lettuce/Tomato Onion/Pickle/Bun Mustard/Mayo Green Beans Roasted Potatoes Apple Milk	Tuna Salad on Lettuce Tomato/Onion Broccoli Salad Pita Bread Blueberry Muffin Juice
22 *5	23 *4	24 *4	25 *5	26 *5
Steak Fingers w/Cream Gravy Mashed Potatoes Capri Blend Veggies Yogurt Juice	Grilled Chicken Breast Yellow Rice Peas & Carrots Pear Crisp Milk	Beef Stroganoff w/Noodles Zucchini Roll Diced Peaches Juice	Turkey Tetrazzini Cali Blend Veggies Roll Banana Pudding Milk	Cheese Omelet w/Salsa Seasoned Potatoes Pinto Beans Biscuit Applesauce Juice

MILK OR JUICE SERVED WITH EACH MEAL

SUBSTITUTIONS MAY BE MADE DUE TO DELIVERY OF PRODUCTS

*Carb Exchanges