








February 2023

Mon	Tue	Wed	Thu	Fri
		1 Veggie Stir Fry+* Broccoli+ Brown Rice Fruit	Ground Hog Day 2 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+ 	3 Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice, Fruit
6 Roasted Chicken Pesto Potatoes & Green Beans+ WW Roll Fruit	7 Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit	8 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 	9 Blackened Fish with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	NEW 10 Sweet & Sour Chicken* Asian Blend Veggies Brown Rice Fruit+ 
13 Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla Fruit	Valentine's Day 14 Cod w/Coconut Curry Sauce over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit Dessert 	15 Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+	16 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	17 Pasta w/Marinara Sauce Brussels Sprouts+ House Salad Garlic Bread Fruit
HOLIDAY 20 	21 Asian Veggie Curry* Broccoli+ Brown Rice Fruit	22 Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	Nat'l Chili Day 23 Turkey Chili Vegetable Medley Salad* Cornbread Fruit + 	< > 24 Chili Verde Chicken *+ w/WW tortilla on the side Pinto Beans Corn Fruit
27 Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	NEW 28 Turkey Burger on WW Bun w/Lettuce, Tomatoes, Pickles & Onions Sweet Potato Tots* Fruit+		1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day