



FEBRUARY | 2018

Main Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| | <p>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p> | | <p>1 Beer Battered Fish Potatoes Coleslaw Spiced Apples 6</p> | <p>2 Scalloped Potatoes with Ham Mixed Vegetables Cobbler Fruited Yogurt 8</p> |
| <p>5 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin with Margarine 5</p> | <p>6 Old Fashioned Meat Loaf Mashed Potato Peas Normandy Veggies Peaches Sweet Bread 5</p> | <p>7 Homemade Mac and Cheese Side Salad Beets Pears 5</p> | <p>8 Sliced Turkey & Gravy Stuffing Green Beans California Veggies Cranberry Sauce Wheat Roll Margarine 7</p> | <p>9 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit 7</p> |
| <p>12 Hamburger on a Bun Baked Beans Broccoli Pears 6</p> | <p>13 Stuffed Chicken Rice Pilaf Green Beans Carrots Fresh Fruit 5</p> | <p>14 Pea Soup with Ham Cauliflower Corn Ambrosia 6</p> | <p>15 Salisbury Steak Mashed Potatoes Peas Cobbler Fruit Cocktail 8</p> | <p>16 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6</p> |
| <p>19 AGEWELL CLOSED</p> | <p>20 Pork Chops with Gravy Mashed Potato Peas Peaches Wheat Bread Margarine 4</p> | <p>21 Sweet and Sour Meatballs Ambrosia Wax Beans Spinach Ambrosia Roll, Margarine 8</p> | <p>22 Bourbon Chicken White Rice Winter Squash Green Beans Fruit Cocktail Cake 8</p> | <p>23 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7</p> |
| <p>26 Homemade Goulash Garlic Bread Brussels Sprouts Wax Beans Fresh Fruit 6</p> | <p>27 Chicken Diane White Rice Broccoli Beets Applesauce 4</p> | <p>28 Sliced Ham Sweet Potato Succotash Pineapple Pudding 7</p> | | |

MENU

Includes Low Fat Milk

Meals Include 1/3 of the Recommended Daily Allowance (RDA)

Meals Subject to Change

Special Events

February 2: Groundhog's Day

February 14: Ash Wednesday

February 19: AgeWell Closed for President's day



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