



# FEBRUARY | 2020

## Main Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**3** Bourbon Chicken  
White Rice  
Winter Squash  
Carrot Raisin Salad  
Fruit Crisp  
8

**4** BBQ Wings  
Potatoes  
Sautéed Cabbage  
Tomato Salad  
Fruited Jell-O  
5

**5** Lasagna  
Garlic Bread  
Corn  
Cauliflower  
Fresh Fruit  
Fig Newton  
7

**6** Pork Chops & Gravy  
Mashed Potatoes  
Peas  
Peaches  
Wheat Bread & Margarine  
4

**7** S & S Meatballs  
White Rice  
Wax Beans  
Spinach  
Ambrosia  
Dinner Roll & Margarine  
7

**10** Cabbage Roll  
Au Gratin Potatoes  
Peas & Carrots  
Mandarin Oranges  
Dinner Roll & Margarine  
6

**11** Goulash  
Garlic Bread  
Brussel Sprouts  
Wax Beans  
Fresh Fruit  
6

**12** Quiche  
Red Skin Potatoes  
Cauliflower  
Side Salad  
Apricots  
Muffin & Margarine  
6

**13** Chicken Diane  
White Rice  
Succotash  
Beets  
Applesauce  
4

**14** Sliced Ham  
Sweet Potatoes  
Broccoli  
Pineapple Tidbits  
Chocolate Pudding  
7

**17** **AgeWell  
Closed**

**18** Chicken Cavatappi  
Garlic Bread  
Lima Beans  
Salad  
Applesauce  
6

**19** Chili Con Carne  
Crackers  
Wax Beans  
Peas  
Tropical Fruit  
Shredded Cheese  
5

**20** Pork Chop Suey  
White Rice  
Broccoli  
Squash  
Ambrosia  
Wheat Bread & Margarine  
7

**21** Roast beef & Gravy  
Mashed Potatoes  
Cali Blend  
Green Beans  
Fruited Yogurt  
Dinner Roll & Margarine  
6

**24** Swedish Meatballs  
Noodles  
Spinach  
Pineapple Tidbits  
Bread Pudding  
7

**25** Ale Battered Fish  
Potatoes  
Coleslaw  
Spiced Apples  
6

**26** Scalloped Potatoes with  
Ham  
Mixed Vegetables  
Cobbler  
Fruited Yogurt  
8

**25** Spaghetti & Meat Sauce  
Garlic Bread  
Brussel Sprouts  
Carrots  
Fruited Jell-O  
Birthday Cake  
7

**28** Chicken Marsala  
Brown Rice  
Euro Blend  
Zucchini  
Fresh Fruit  
4

### Menu

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

February 17:  
Closed Presidents Day

February 27:  
Birthday Celebration

\*\*\*The Numbers reflect the  
carb count for each meal.  
1 carb count = 15g of  
carbohydrates



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