



# FEBRUARY | 2023

## Main Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>30</b>*** 1 carb count = 15g of carbohydrates</p>	<p><b>31</b></p>	<p><b>1</b> Pea Soup &amp; Ham Cauliflower Corn Ambrosia 6</p>	<p><b>2</b> Hamburger Wheat Bun Baked Beans Broccoli Diced Pears 6</p>	<p><b>3</b> Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6</p>
<p><b>6</b> S&amp;S Meatballs Egg Noodles Wax Beans Spinach Ambrosia Dinner Roll/Margarine 7</p>	<p><b>7</b> Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newtons 7</p>	<p><b>8</b> Pork Chops &amp; Gravy Mashed Potatoes Peas Diced Peaches Wheat Bread/Margarine 4</p>	<p><b>9</b> Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 8</p>	<p><b>10</b> BBQ Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>
<p><b>13</b> Chicken Diane White Rice Succotash Beets Applesauce 4</p>	<p><b>14</b> Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding 7</p>	<p><b>15</b> Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6</p>	<p><b>16</b> Cabbage Rolls Au Gratin Potatoes Peas &amp; Carrots Mandarin Oranges Wheat Roll/Margarine 6</p>	<p><b>17</b> Quiche Red Roasted Potatoes Cauliflower Side Salad Apricots Muffin/Margarine 6</p>
<p><b>20</b> <b>AGEWELL CLOSED</b></p>	<p><b>21</b> Chili Con Carne Crackers Wax Beans Peas Tropical Fruit 5</p>	<p><b>22</b> Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>	<p><b>23</b> Roast Beef Mashed Potatoes Cali Blend Veggies Green Beans Fruited Yogurt Birthday Cake 6</p>	<p><b>24</b> Garlic &amp; Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5</p>
<p><b>29</b> Spaghetti &amp; Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>	<p><b>28</b> Scalloped Potatoes and Ham Mixed Veggies Fruit Cobbler Fruited Yogurt 8</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**2-20 AgeWell Closed**

**2-23 Birthday Celebration**



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