



FEBRUARY | 2025

Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Roll/Margarine 6</p>	<p>4 Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6</p>	<p>5 Chicken Diane White Rice Root Blend Veggies Beets Applesauce 4</p>	<p>6 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding 7</p>	<p>7 Frittata Red Roasted Potatoes Cauliflower Side Salad Apricots Muffin/Margarine 6</p>
<p>10 Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5</p>	<p>11 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>	<p>12 Garlic & Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5</p>	<p>13 Pot Roast Mashed Potatoes Cali Blend Veggies Green Beans Fruited Yogurt Wheat Roll/Margarine 6</p>	<p>14 AGEWELL CLOSED</p>
<p>17 AGEWELL CLOSED</p>	<p>18 Chicken Marsala Brown Rice Root Blend Veggies Zucchini Fresh Fruit 5</p>	<p>19 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>	<p>20 Swedish Meatballs Egg Noodles Asparagus Pineapple Tidbits Bread Pudding 7</p>	<p>21 Scalloped Potatoes & ham Mixed Veggies Fruit Cobbler Fruited Yogurt 8</p>
<p>24 Fashioned Meatloaf Mashed Potato Peas Normandy Blend veggies Peaches Sweet Bread/Margarine 5</p>	<p>25 Homemade Macaroni & Cheese Side Salad Asparagus Beets Pears 5</p>	<p>26 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 5</p>	<p>27 Sliced Turkey & Gravy Cornbread Stuffing Green Beans Cali Blend Veggies Cranberry Sauce Birthday Cake 7</p>	<p>28 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**2-14 AgeWell Closed
2-17 AgeWell Closed**

2-27 Birthday Celebration

1 carb count = 15g of
carbohydrates



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