

February 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**Recipe: http://mycarolinakitchen.blogspot.com/2013/10/mediterranean-chicken-stew-on-polenta.html **Recipe: https://www.readyseteat.com/recipes-Unstuffed-Peppers-6973				1 Seafood Newburg 6oz Pasta 4oz Chef's Veg 4oz Mandarin Oranges 4oz WW Bread 1pc
4 Meatball Sub: Meatballs w/marinara sauce 3pc Broccoli ½ cup Pasta (w/sauce) ½ cup Sub Roll 1pc Berry Cup 1pc Parm Cheese 1pc	5 Special – Chinese New Year Chicken 3oz w/Asian Blend Vegetables ½ cup White Rice ½ cup MG Bread 1pc Fortune Cookie 1pc Pineapple ½ cup	6 Chicken Noodle Soup* 6oz Cheeseburger 1pc Roasted Potatoes ½ cup Beets ½ cup Hamburger Roll 1 pc Fresh Fruit (orange) 1pc Ketchup and Mustard 1 pc	7 Smothered Pork 1pc (with Mushrooms and onions 2oz) Garlic Mashed Potatoes ½ cup Garden Salad ½ cup Tart 1pc/Cookie 1pc WW Roll 1pc Salad Dressing 1pc	8 Vegetable Frittata 1pc French Toast 1pc Baked Apples ½ cup Muffin 1pc Yogurt 1pc (no milk) Juice 1pc Syrup 1pc
11 New Menu Item**: Mediterranean Chicken Stew 6oz Polenta ½ cup Zucchini ½ cup Biscuit 1pc Peaches ½ cup	12 Ravioli w/meat sauce 5oz Mixed Veg ½ cup Garden Salad ½ cup Oat Bread 1pc Pudding/DT Pudding ½ cup Salad Dressing 1pc Parm Cheese 1pc	13 Clam Chowder* 6oz Fish Sandwich - Breaded Fish (WG Pollock) 1pc Rice Pilaf 4oz Brussels Sprouts 4oz Fresh Fruit 1pc Burger Bun 1pc Tartar Sauce 1pc	14 Valentine's Special: Yankee Pot Roast 1pc Jardinière Gravy 2oz G.Beans w/lemon & Garlic 1/2c Scalloped Potatoes 1/2c WW Dinner roll 1pc Cookie (R)/Diet Cookie 1pc Chocolate Candy Kisses 1pc	15 Open Faced Turkey Sandwich (3 oz turkey on 1 slice bread) w/ Gravy 2oz Butternut Squash 1/2 cup Peas & Pearled Onions ½c Cran Sauce 1pc – NO BREAD Applesauce ½ cup
18 President's Day No Meals Served	19 Hot Dog 1 pc Pork Baked Beans ½ cup Potato Chips 1pc Hot Dog Roll 1 pc Mandarin Oranges ½ cup Ketchup, Mustard, Relish 1 pc each	20 Cheddar Cheese Soup* 6oz "Unstuffed Peppers***" 5oz Ground Beef 3oz w/Peppers and Onions 2oz White Rice ½ cup Corn ½ cup Dinner Roll 1pc Fresh Fruit 1pc	21 Birthday: Chicken Cordon Blue 1pc Mashed Potato ½ cup Honey Carrots ½ cup B-Day Cake/Angel Cake 1pc MG Bread 1pc Cranberry Sauce 1pc	22 Eggplant Parmesan 1pc Pasta (w/sauce) ½ cup Summer Squash ½ cup Garden Salad 1pc WW Bread 1pc Pineapple Whip*** ½ cup Parmesan 1pc Salad Dressing 1pc
25 Chicken Scallopini 1pc Sauce 2oz Pasta (w/sauce) ½ cup Capri Blend Veggies ½ cup WW Bread 1pc Mandarin Oranges ½ cup	26 Pulled Pork 3oz BBQ sauce 2oz Sweet Potatoes ½ cup Green Beans 4oz Chef's Dessert ½ cup Burger Bun 1pc	27 Vegetable Barley Soup 6oz Cheese Omelet 1pc Roasted Potatoes 1/2 cup Creamed Spinach ½ Cup Snack n'Loaf 1pc Juice 1/2 cup (NO Milk) Yogurt 1pc	28 Meatloaf 1pc Gravy 2oz Mashed Potatoes 1pc Garden Salad 1/2 cup WW Roll 1pc Ketchup 1pc Cream Puff 1pc/Dt Cookie 1pc	*Soup for Congregate only Soup on the 27 th for MOW and Congregate.