

February 2023



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|--|--|---|---|--------|----------|
| WK - 1 29 | 30 | 31 | 1 Beef Enchilada, Refried Beans, Mexican Rice, Tropical Fruits. | 2 Pork Chops, Roasted Red Potatoes, Apple Slices | 3 | 4 |
| Wk - 2 5 | 6 Chicken Fried Steak, Mashed Potato w/Gravy, Dinner Roll, Peaches. | 7 Tuscana Soup, Garlic Twist Bread, Pineapple Chunks. | 8 Roast Beef, Mashed Potatoes w/Gravy, Vegetables, Tropical Fruits, Dinner Roll. | 9 Chicken Green Chili Enchilada, Roasted Corn, Spanish Rice, Pears Sliced. | 10 | 11 |
| WK-3 12 | 13 Chicken Stir-Fry, Rice Egg Roll, Peaches Sliced | 14 Beef Soft Tacos, Pinto Beans, Churros, Trpical Fruits | 15 Baked Chicken, Rice Pilaf, Capri Vegetables, Dinner Roll, Tropical Fruits. | 16 Roast Beef Sandwich w/French Dip, mixed Vegetables, Pears Sliced. | 17 | 18 |
| WK - 4 19 | 20 Chicken Green Chili Enchilada, Black Bean and Rice, Mexican Green Beans, Peaches Sliced. | 21 Meat Loaf, Mashed Potatoes w/Gravy, Steamed Broccoli, Dinner Roll, Pineapple Chunks. | 22 Pork Roast, Green Beans, Baby Potatoes WG Tortilla, Tropical Fruits, | 23 Pot Roast, (Carrots, Celery, Potatoes), Dinner Roll, Pears Sliced. | 24 | 25 |
| WK-5 26 | 27 Chicken Fajitas, Mexican Corn, Refried Beans, Peaches Slices. | 28 Spaghetti w/Meatballs, Broccoli, Garlic Bread, Tropical Fruits. | 1 | 2 | 3 | 4 |
| 5 | 6 | <p>DINNER:</p> <p>SALAD BOWL: Romaine, Spring Mix, Carrots Shredded, Broccoli, Cucumbers, Tomatoes, Assorted Bell Peppers, Crackers. DRESSING: Ranch, Thousand Island, Italian.</p> | | | | |