

February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 WK - 1	30	31	1 Beef Enchilada, Refried Beans, Mexican Rice, Tropical Fruits.	2 Pork Chops, Roasted Red Potatoes, Apple Slices	3	4
5 Wk - 2	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
12 WK-3	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
19 WK - 4	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
26 WK-5	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: This is a Equal Opportunity Provider, Employer and Lender.</p> <p>SALAD BOWL: Romaine, Spring Mix, Carrots Sheredded, Broccoli, Cucumbers, Tomatoes, Assorted Bell Peppers, Crackers. DRESSING: Ranch, Thousand Island, Italian.</p>				