

MEALS

February 2019

				1
				<u>GRILLED CHICKEN SANDWICH</u> Whole Wheat Bun 3 Bean Salad Apple Slices Peach Crisp
4	5	6	7	8
<u>BEEF LASAGNA</u> Santa Fe Vegetable Blend Garden Salad & Dressing Garlic Breadstick Fresh Apple Slices	<u>SLOW COOKED PORK CHOP</u> Sautéed Red Cabbage Boiled Potato Dinner Roll & Butter Mandarin Orange Cup <i>ALT: ROASTED CHICKEN</i>	<u>CHICKEN KIEV</u> Rosemary Roasted Potatoes Brussel Sprouts Dinner Roll & Butter Fruit	<u>CHICKEN LOAF</u> With Savory Cream Sauce Wild Rice Pilaf & Carrots Fresh Pear	<u>CHICKEN CASSEROLE</u> Egg Noodles & Mixed Vegetables Sliced Beets Fresh Orange
11	12	13	14	15
<u>CHICKEN CHOW MEIN</u> Steamed White Rice Veggie Egg Roll & Sauce Fresh Grapes Fortune Cookie	<u>OVEN BAKED FISH</u> Brown Rice & Lima Beans Tartar Sauce Fresh Pear <i>ALT: BAKED CHICKEN</i>	<u>SPAGHETTI BOLOGNESE</u> Wheat Pasta Garlic Breadstick Garden Salad & Dressing Stewed Prunes	<u>CHICKEN POT PIE WITH BISCUIT</u> Fresh Sliced Fruit	<u>SLOPPY JOE</u> Whole Wheat Bun Roasted Potatoes Creamy Coleslaw Fruit
18	19	20	21	22
<u>BEEF GOULASH</u> Macaroni Noodles Sweet Corn Dinner Roll & Butter Fresh Banana	<u>SWEET AND SOUR CHICKEN</u> With Pineapple, Peppers & Onions Steamed White Rice Veggie Egg Roll & Sauce Fortune Cookie	<u>TURKEY LASAGNA</u> Turkey Sausage and White Sauce Roasted Vegetables Garlic Bread Fruit	<u>WILD RICE CHICKEN CASSEROLE</u> French Cut Green Beans Fresh Cantaloupe Wheat Roll & Butter Fruit	<u>ROAST TURKEY BREAST & GRAVY</u> Bread Stuffing Green Beans Fruit
25	26	27	28	
<u>ROASTED CHICKEN LEG & GRAVY</u> Wild Rice Pilaf Steamed Zucchini Dinner Roll & Butter Diced Cantaloupe Fruit	<u>ENCHILADA BEEF CASSEROLE</u> Spanish Rice Peas & Carrots Fresh Pear	<u>CRUNCHY BAKED FISH</u> Mini Baked Potato Steamed Broccoli Dinner Roll & Butter Apple Slices <i>ALT: CRUNCHY BAKED CHICKEN</i>	<u>MACARONI AND CHEESE</u> Chicken Sausage Chef's Blend Vegetables Fresh Grape Bunch	