

LUNCH MENU • FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Swiss Steak 5 Mashed Potatoes 16 Braised Cabbage 8 Strawberries 24 WG Wheat Sweet Yeast Roll 23	31 Pork Chop Suey 19 Brown Rice 18 Cut Green Beans 3 Fresh Pear 23 Wheat Roll 12 Fortune Cookie 3	1 <u>FEBRUARY</u> Dutch Chicken 7 Bowtie Pasta 20 Carrots 8 Grapes 16 Blueberry Bran Muffin 34	2 Crispy Fish Fillet 16 Mac & Cheese 18 Broccoli 6 Fruited Gelatin 28 Wheat Roll 12	3 French Dip 38 Red Potatoes 20 Cukes 'n Vinegar 7 Apple 22
6 Goulash 27 Whole Green Beans 6 Peaches 14 Pumpnickel Bread 12	7 Bourbon Chicken 3 Roasted Sweet Potatoes 18 Peppers & Onions 7 Strawberries 24 Brownie 24	8 Potato Crunch Pollock 13 Smashed Potatoes 19 Dilled Carrots 9 Pear 23 Wheat Roll 12	9 Fiesta Chicken 21 Spanish Rice 16 Corn 23 Tossed Salad 1 Apricots 19	10 Turkey Swedish Meatballs 14 Mashed Potatoes 16 Peas 9 Fruited Gelatin 28 Rye Bread 12
13 Pollock Fillet 21 Baked Potato 18 Whole Green Beans 6 Almond Lemon Bars 23 Fruit Cocktail 16	14 <u>VALENTINE'S DAY</u> Florentine Ravioli 37 Red Sauce w/ Meat 13 Cauliflower & Carrots 6 Pears 15 Pumpnickel Bread 12 Valentine Cookie 19	15 Meatloaf / Gravy 14 Mashed Potatoes 16 Wax Beans 10 Fluff Pistachio 32 Rye Bread 13	16 Chicken Mushroom Alfredo 7 Penne 41 Broccoli 6 Peaches 14 Bread Stick 14	17 Ham Steak 5 Parsley Potatoes 20 Oven Roasted Brussels Sprts 15 Strawberries 24 Wheat Sweet Yeast Roll 23
20 <u>PRESIDENT'S DAY</u> Autumn Apple Chicken 32 Roasted Sweet Potatoes 18 Coleslaw 9 Multi-Grain Swirl Bread 23	21 <u>FAT TUESDAY</u> Turkey Pot Roast Po'Boy 33 Brown Rice 17 Red Beans 21 Grape Tomatoes 6 Peaches 14	22 <u>ASH WEDNESDAY</u> Baked Cod / Tartar Sauce 4 Macaroni & Cheese 18 Spinach 5 Strawberries & Blueberries 9 Almond Lemon Bars 23	23 Veal Parmesan 41 Red Pasta Sauce 12 California Blend Veggies 6 Peaches 14 Pumpnickel Bread 12	24 Grilled Stuffed Salmon 20 Herbed Pasta 21 Broccoli 6 Fruited Gelatin 28 Bread Stick 14
27 Crispy Chicken 9 Mashed Potatoes 16 Gravy 3 Oven Roasted Brussels Sprts 15 Peaches 14 Wheat Roll 12	28 Baked Spaghetti 27 California Blend Veggies 6 Grapes 16 Pumpnickel Bread 12	1 <u>MARCH</u> Chicken Pot Pie 39 Stewed Apples 16 Tossed Salad 1 Bread Stick 14 Margarine	2 Pork Marsala 4 Rotini 16 Wax Beans 10 Strawberries 24 Brownie 24	3 Fish Tenders 14 Roasted Red Potatoes 24 Water Chestnut Spinach 11 Pears 15 WG Sweet Yeast Roll 23

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend: Sanford: (989) 687-7888 • Coleman: (989) 465-6216
 Trailside: (989) 633-3790 • Mills: (989) 633-3788 • Greendale: (989) 832-8683. Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.