

February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Potato Soup (1 Cup)	Open Face - Turkey (3 oz) w/ Gravy (1/4 C)	Fish Sandwich (3 oz on W/G Roll)	Chicken Stir Fry (1 cup)	Meat Lasagna (3 oz)
Peanut Butter Sandwich on W/W Bread	Mashed Potatoes (1/2 Cup)	French Fries (6-7 ct)	Brown Rice (1/2 Cup)	Tossed Salad (1 Cup)
Tossed Salad (1 Cup)	California Vegetables (1/2 Cup)	Corn (1/2 Cup)	Oriental Vegetables (1 Cup)	Garlic Bread (2x3 cube)
Cottage Cheese (1/2 Cup) & Fresh Orange	W/W Bread & Peaches (1/2 Cup)	Med Banana	Mandarin Oranges (1/2 Cup)	Apple Sauce (1/2 Cup)
8	9	10	11	12
Cream of Broccoli Soup (1 Cup)	Chicken Breast (4 oz)	Beef & Broccoli (1 cup)	Seasoned Fish (3 oz)	Meatloaf (4 oz)
Turkey Sandwich (3 oz on W/G Roll)	AuGratin Potatoes (1/2 Cup)	Brown Rice (1/2 Cup)	Herbed Potatoes (1/2 Cup)	Mashed Potatoes (1/2 c) & Gravy (1/4 c)
Tossed Salad (1 Cup)	Mixed Vegetables (1/2 Cup)	Oriental Vegetables (1/2 Cup)	Peas & Carrots (1/2 Cup)	Green Beans (1/2 Cup)
Fresh Orange	W/W Roll & Pears (1/2 Cup)	Mandarin Oranges (1/2 Cup)	Fresh Apple	W/W Roll & Peaches (1/2 Cup)
15	16	17	18	19
Closed	Tuna Casserole (1 cup)	Baked Chicken Breast	Steak & Cheese Sandwich (3 oz on W/G roll)	Spaghetti (1 c) & Meatballs (6 - .5 oz)
	Mixed Vegetables (1/2 Cup)	Scalloped Potatoes (1/2 Cup)	Potato Wedges (6-7 ct)	Tossed Salad (1 Cup)
	W/W Roll	California Vegetables (1/2 Cup)	Corn (1/2 cup)	Garlic Bread (2x3 cube)
	Peaches (1/2 Cup)	W/W Roll & Med. Banana	Pineapple (1/2 Cup)	Fresh Apple
22	23	24	25	26
Vegetable Soup	Beef Stir Fry (1 Cup)	Fish Sandwich (3 oz on W/G Roll)	Chicken Breast (4 oz)	Baked Ham (3 oz)
Chicken Salad Sandwich (1/2 c on W/G Bun)	Brown Rice (1/2 Cup)	French Fries (6-7 ct)	Herbed Potatoes (1/2 Cup)	Macaroni & Cheese (1/2 C)
Cottage Cheese (1/2 Cup)	Oriental Vegetables (1/2 Cup)	Corn (1/2 Cup)	California Vegetables (1/2 Cup)	Green Beans (1/2 Cup)
Beets 1/2 Cup & Fresh Orange	Pineapple (1/2 Cup)	Fresh Apple	W/W Roll & Peaches (1/2 cup)	W/W Roll & Hot Spiced Apples (1/2 Cup)

Non-Senior Cost: \$5.25 required