

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>BREAKFAST</b> 1 Hot & Cold Cereal/Country skillet scramble eggs toast <b>LUNCH</b> Teriyaki Chicken & Steamed Rice Fortune Cookies <b>DINNER</b> sloppy Joes, French fries Apple Pie  Chinese New Year (Year of the Tiger)	<b>BREAKFAST</b> 2 Hot & Cold Cereal, Vanilla French toast/bacon <b>LUNCH</b> Sweet & Sour meatballs/rice, peas & carrots <b>DINNER</b> Chicken Noodle Soup, Bread stick Ambrosia Groundhog Day	<b>BREAKFAST</b> 3 Hot & Cold Cereal Blueberry Muffin/Sausage <b>LUNCH</b> Salisbury Steak w/ gravy Baked potato Capri vegetables blend Chocolate pudding <b>DINNER</b> Roast beef sandwich, Cole slaw Ice cream	<b>BREAKFAST</b> 4 Hot & Cold Cereal, Scrambled eggs & Cheese Toast <b>LUNCH</b> Chicken ala King, Tossed Salad, Brownies <b>DINNER</b> Ham & Cheese Sandwich, beef barley Soup Assorted Cookies	<b>BREAKFAST</b> 5 Hot & Cold Cereal, Pancakes, Bacon <b>LUNCH</b> Beef tips on rice, green beans Jello <b>DINNER</b> Chicken Salad Sandwich, chips Marble Cake
<b>BREAKFAST</b> 6 Hot & Cold Cereal, Toasted English Muffin w/ jam,boiled egg <b>LUNCH</b> Breaded pork chop Seasoned red potato, stir fry vegetables Bourbon Vanilla Bread pudding <b>DINNER</b> Beef Stew, Fresh biscuits Fresh fruits	<b>BREAKFAST</b> 7 Hot and Cold Cereals French toast & bacon <b>LUNCH</b> Hamburger Sliders ,French fries, Jell-O <b>DINNER</b> Clam chowder soup, French bread Banana Cream Pie	<b>BREAKFAST</b> 8 Hot & Cold Cereal, Biscuits & gravy, sausage <b>LUNCH</b> Orange chicken, steamed rice, broccoli Jell-O <b>DINNER</b> Spaghetti & meatballs, garlic bread. tapioca Pudding	<b>BREAKFAST</b> 9 Hot & Cold Cereal, scrambled eggs/sausage patty, toast <b>LUNCH</b> Chicken cutlet egg noodles, glazed carrots, fruits <b>DINNER</b> Chili con carne, vegetable, corn bread, Jell-O	<b>BREAKFAST</b> 10 Hot & Cold Cereals, Ham & Cheese omelet, toast <b>LUNCH</b> Shepherd pie, stir fry vegetables, Ice cream <b>DINNER</b> Hearty vegetable soup w/crackers Rice pudding	<b>BREAKFAST</b> 11 Hot & Cold Cereal, Banana pancake <b>LUNCH</b> Oven baked Lasagna, Italian vegetables ,garlic bread Jell-O <b>DINNER</b> Chicken & Rice soup, turkey sandwich, Brownie's	<b>BREAKFAST</b> 12 Hot & Cold Cereal, Sausage, toast <b>LUNCH</b> Grilled chicken, macaroni salad, vegetable Tapioca pudding <b>DINNER</b> Sweet potato chili vegetable, quesadilla Brownies
<b>BREAKFAST</b> 13 Hot & Cold Cereal, French toast Fresh fruit with cottage cheese <b>LUNCH</b> BBQ chicken ,macaroni salad, sliced cucumber ,Fruit salad <b>DINNER</b> Chickpea chicken pasta & Cesar Salad ice cream Sundae	<b>BREAKFAST</b> 14 Hot & Cold Cereal, Scramble egg corn beef hash toast <b>LUNCH</b> Breaded pork chop, sweet potato, stir fry vegetable Banana Cream pie <b>DINNER</b> Scalloped potato w/ham garlic& beans Peach Cobbler Valentine's Day	<b>BREAKFAST</b> 15 Hot & Cold Cereal, Scrambled Eggs w/ Cheese, Biscuits/Sausage <b>LUNCH</b> BBQ Chicken, Broccoli, Cheese & Rice Casserole, ice cream <b>DINNER</b> Sloppy Joes, Fries, brownies	<b>BREAKFAST</b> 16 Hot & cold Cereals Coffee cake, Fresh seasonal fruits <b>LUNCH</b> BBQ Pork Bowl ,w/ green beans & carrots, Turmeric rice Ice cream <b>DINNER</b> Pumpkin soup Bacon & tomato Grilled Sandwich, Pudding	<b>BREAKFAST</b> 17 Hot & Cold Cereal, Scrambled eggs Hash browns, toast <b>LUNCH</b> Stuffed Peppers & Fresh coleslaw Banana Cream pie <b>DINNER</b> Corn chowder soup Grilled cheese Sandwich Apple pie	<b>BREAKFAST</b> 18 Hot & Cold Cereal, Danish Bread, Sliced Peaches <b>LUNCH</b> Crispy battered Fish, Rice ,mixed vegetables Ice Cream <b>DINNER</b> Cream of mushroom Soup French dinner roll Lemon pudding	<b>BREAKFAST</b> 19 Hot & Cold Cereal, Scramble Eggs w/Cheese, Crispy Bacon & Toast <b>LUNCH</b> Creamy mushroom Chicken Pasta Garlic Butter Roasted Carrots Jell-O <b>DINNER</b> Baked Ziti, Caesar Salad, Brownies
<b>BREAKFAST</b> 20 Hot & Cold Cereals, Sausage, Over Easy eggs, toast <b>LUNCH</b> Hearty Goulash, Garlic bread, Chocolate pudding <b>DINNER</b> New York Hotdog Caramelized Onions, Seasoned French Fries Banana Cake	<b>BREAKFAST</b> 21 Hot & Cold Cereal, Pancakes w/ syrup <b>LUNCH</b> Indian Butter Chicken , White Rice Sautéed Vegetables, Jell-O <b>DINNER</b> Ham Club Sandwich, Potato Chips Fruit Salad Presidents'	<b>BREAKFAST</b> 22 Hot & Cold Cereal, French Toast, Fresh Seasonal Fruits <b>LUNCH</b> Juicy Beef Brisket, Mashed Potato, Vegetable Tagine ,Salad, Cookies & Cream Ice Cream <b>DINNER</b> Creamy Tomato Tortellini Soup w/ Grilled Cheese Sandwich Apple Pie	<b>BREAKFAST</b> 23 Hot & Cold Cereal, Potato Classic Omelet ,Bacon, Cottage Cheese <b>LUNCH</b> Ground Beef & Cheese Pasta, Avocado Salad, Vanilla Ice Cream <b>DINNER</b> Ground Turkey Enchiladas, Stir fry vegetables, poached plums	<b>BREAKFAST</b> 24 Hot & Cold Cereal ,Chorizo w/ eggs <b>LUNCH</b> Braised beef over, Egg noodles, Chocolate Mouse <b>DINNER</b> Sweet Potato Dulli, Vegetarian, Quesadilla, Cinnamon- stewed apple	<b>BREAKFAST</b> 25 Hot & Cold Cereal, Blueberry Pancakes Sausage Link <b>LUNCH</b> Honey Garlic Salmon, Sticky Rice, Fig & Freekeh Salad, Tapioca <b>DINNER</b> Turkey Sandwich, Guacamole salad, Cinnamon Cake	<b>BREAKFAST</b> 26 Cinnamon Toast, Eggs w/ Crispy Bacon, Mandarins <b>LUNCH</b> BBQ Chicken, Macaroni Salad, sliced peaches <b>DINNER</b> Garlic Lemon Herb Mediterranean Chicken w/ Potatoes, Cream Cobbler
<b>BREAKFAST</b> 27 Hot & Cold Cereal, Vegetable Omelet, Pork limb, sausage, Toast <b>LUNCH</b> Baked Penne w/ Roasted Vegetables Chocolate Mousse <b>DINNER</b> Italian Meatball Soup Reuben Sandwich, pudding	<b>BREAKFAST</b> 28 Hot & Cold Cereal, Scrambled Eggs, Corned beef hash, Toast <b>LUNCH</b> Meatloaf mashed Potato, vegetable Fruit Salad <b>DINNER</b> Simple Bolognese, Tomato & Cucumber Salad ,Lemon Pudding					

# FEBRUARY 2022