

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2023



BREAKFAST 5
Assorted Hot/Cold Cereal, Scramble Eggs with Vegetables
Strawberry Yogurt
LUNCH
Country Fried Steak with White Gravy
Cheesy Baked Potato
Angel Fruit Salad
DINNER
Chicken Tortilla Soup
Unsalted Crackers, Ice Cream
Superbowl Sunday

BREAKFAST 6
Bagel, Eggs Any Style, Hot & Cold Cereal, Bacon, Prunes
LUNCH
Lima Bean Soup
Crispy Chicken Salad with Buttermilk Ranch Dressing, Garlic Bread
Ice Cream Sundaes
DINNER
Orange Lentil Soup
Noodle Kugel
Yogurt Parfait

BREAKFAST 7
Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Sausage
LUNCH
Butternut Squash Soup
Honey Mustard Chicken Quarter
Glazed Carrots, Baked Apple
DINNER
Vegetable Soup,
Rolled Lasagna with Meat Sauce, Green Beans, Garlic Bread
Berry Pudding

BREAKFAST 8
French Toast, Bacon, Sausage
Hot & Cold Cereal, Eggs any Style, Fruit
LUNCH
Vegetable Soup
Patty Melt on Rye
Potato Wedges
Fruit Ice (Smoothie)
DINNER
Clam Chowder
Grilled Fish, Green Salad
Shortbread & Berries

BREAKFAST 9
Eggs Any Style, Toast, Turkey Sausage
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Roasted Lentil Vegetable Soup
Turkey Enchiladas with Crema, Rice & Beans, Sherbet
DINNER
Green Pea Soup
Roasted Chicken
Loaded Beet Salad
Vanilla Cake

BREAKFAST 10
Biscuits with Gravy, Home-Style Potatoes with Onions and Peppers, Fruit
LUNCH
Beef Noodle Soup, Turkey salad Wrap
Roasted Potatoes, Green Salad
Fruit Cake
DINNER
Potato Mushroom Cream Soup
Baked Ziti
Zucchini with Peppers
Butter Cookie

BREAKFAST 11
Cream of Wheat, Pancakes
Eggs Any Style, Meat, Fruit, Bacon
LUNCH
Chicken and Rice Soup,
Chicken Curry with Peppers
Cucumbers, Red Onions
Pudding Parfait
DINNER
Squash Soup, Oven Fried Fish
Roasted Root Vegetables
Smoothie

BREAKFAST 12
Toast, Scrambled Eggs, Hot & Cold Cereal, Fresh Fruit, Bacon, Applesauce
LUNCH
White Bean soup
Hummus Platter with Chopped Salad, Flat Bread, Fruit
DINNER
Vegetable Noodle Soup,
Grilled Cheese with Turkey
Tomatoes, & Parsley
Sherbet Ice Cream

BREAKFAST 13
French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Bacon
LUNCH
Split Pea Soup
Ground Beef Kabobs
Dill Rice, Cucumber Salad
Ice Cream Sundaes
DINNER
Beef Barley Soup,
Pasta Primavera, Garlic Bread
Carrot Cake

BREAKFAST 14
Pancakes, Eggs Any Style, Beef Sausage
Hot & Cold Cereal, Fresh Fruit, Bacon
VALENTINE'S LUNCH
Vegetable Soup
Chicken Scampi, Roasted Vegetables
Brownie & Ice Cream
DINNER
Hearty Chicken and Vegetable Soup
Cobb Salad, Garlic Bread
Sliced Fruit
Valentine's Day

BREAKFAST 15
Eggs Any Style, Toast, Beef Sausage
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
French Onion Soup,
Vegetable Fried Rice, Egg Roll
Side Salad, Sherbet
DINNER
Butternut Squash Soup
Lemon Herb Chicken Legs
Roasted Potatoes, Steamed Vegetables
Lemon Cake

BREAKFAST 16
Coffee Cake Muffin, Home-Style Potatoes with Peppers, Scrambled Eggs
Cottage Cheese, Fresh Fruit
LUNCH
Black Bean Soup
Chicken Salad, Garlic Bread
Jell-O with Fruit
DINNER
Macaroni and Cheese
Green Beans Berry Compote Over
Vanilla Ice Cream

BREAKFAST 17
Hot & Cold Cereal, Poached Eggs, Toast
Fresh Fruit, Bacon, Sausage
LUNCH
Vegetable Soup
Stuffed Peppers, Salad
Butterscotch Pudding
DINNER
White Bean Vegetable Soup,
Herb Baked Chicken,
Sweet Potato Vegetable Salad
Watermelon Slice

BREAKFAST 18
Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Garden Soup
Reuben Sandwich
Macaroni Salad
Strawberry Jell-O
DINNER
Split Pea Soup
Grilled Orange Chicken Salad
Strawberries and Cream

BREAKFAST 19
French Toast, Eggs Any Style, Hot & Cold Cereal, Sausage, Prunes
LUNCH
Chile Con Carne
White Rice, Garden Salad, Cornbread
Churros with Ice Cream
DINNER
Squash Soup
Baked Vegetable Quiche, Sliced Melon
Dinner Roll
Jell-O with Cream

BREAKFAST 20
Breakfast Muffins, Hash Browns with Onions and Peppers, Eggs, Fruit
LUNCH
Chicken Pot Pie, Garden Salad
Peaches with Cottage Cheese
DINNER
Italian Wedding Soup,
Vegetable Lasagna, Side Salad
Garlic Bread,
Chocolate Pudding
President's Day

BREAKFAST 21
Hot & Cold Cereal, Cream of Wheat, Eggs Any Style, Bacon & Fresh Fruit
LUNCH
Navy Bean Soup
Opened-Faced Turkey Sandwich
Mashed Potatoes & Gravy
Hot Fudge Sundae
DINNER
Egg Drop Soup, Teriyaki Beef, White Rice, Salad, Sugar Cookie
Mardi Gras

BREAKFAST 22
Bagel, Eggs Any Style
Hot & Cold Cereal, Bacon, Prunes
LUNCH
Split Pea Soup
Meatloaf, Potato Hash
Vanilla Mousse
DINNER
Garden Salad
Vegetable Beef Stew, Egg Noodle
Sugar Cookie
Ash Wednesday

BREAKFAST 23
Eggs Any Style, Toast, Hash Browns, Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Barley Soup,
Rosemary Roasted Chicken, Egg Noodles, Roasted Vegetables
Apple Turnover
DINNER
Root Vegetable Soup,
Grilled Salmon, Pesto Pasta,
Lemon Cake

BREAKFAST 24
Assorted Hot/Cold Cereal
Eggs, Bacon
Strawberry Yogurt
LUNCH
Beef Stroganoff
Roasted Asparagus
Pistachio Ice cream
DINNER
Spinach Orzo Soup
Crackers
Oatmeal Raisin Cookie

BREAKFAST 25
Hot or Cold Cereal, Breakfast Muffins, Scrambled Eggs with Onions and Peppers, Toast, Fresh Fruit
LUNCH
Vegetable Soup,
Grilled Chicken, Squash with Roasted Potatoes, Sliced Melons
DINNER
Italian Wedding Soup
Spaghetti with Meat Sauce
Garden Salad, Tiramisu

BREAKFAST 26
French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Bacon
LUNCH
Split Pea Soup
Ground Beef Kabobs
Dill Rice, Cucumber Salad
Ice Cream Sundaes
DINNER
Beef Barley Soup,
Pasta Primavera, Garlic Bread
Carrot Cake

BREAKFAST 27
French Toast, Bacon, Sausage
Hot & Cold Cereal, Eggs any Style, Fruit
LUNCH
Vegetable Soup,
Patty Melt on Rye,
Potato Wedges,
Fruit Ice (Smoothie)
DINNER
Clam Chowder
Grilled Fish, Green Salad,
Shortbread & Berries

BREAKFAST 28
Coffee Cake Muffin, Home-Style Potatoes with Peppers, Scrambled Eggs
Cottage Cheese, Fresh Fruit
LUNCH
Black Bean Soup
Chicken Salad, Garlic Bread
Jell-O with Fruit
DINNER
Macaroni and Cheese
Green Beans Berry Compote Over
Vanilla Ice Cream

