



FEBRUARY 2019

Mon	Tue	Wed	Thu	Fri
<p>All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals. The Nutrition Program reserves the right to change menus.</p>		 <p>RESIDENTS DAY</p>		<p>1 Chili w/pinto beans Grilled Cheese Sandwich Corn, fruit, Crackers, pudding, 2% Milk</p>
<p>4 Salisbury Steak, Gravy Mashed Potato's Green Beans Biscuit, Fruit Cocktail 2% Milk</p>	<p>5 Mixed Vegetable Soup, Tuna Salad Sandwich on WW Bread, raw carrots, banana, 2% Milk</p>	<p>6 Meat Lasagna Tossed Salad, tomatoes, cheese Garlic Bread pears, 2% Milk</p>	<p>7 Baked Fish, oven browned potatoes, carrots, banana, WW Bread, 2% Milk</p>	<p>8 Great Northern Beans Chopped onions Cornbread Sour Kraut, wieners Peaches, 2% Milk</p>
<p>11 Scrambled Eggs Hash Brown Potatoes Sausage Gravy Biscuit, Applesauce, 2% Milk</p>	<p>12 Spaghetti with Meat and tomato sauce Tossed Salad, cheese, tomatoes, Garlic Bread, Fruit, 2% Milk</p>	<p>13 Taco Salad / Chips, meat, Tossed Salad, shredded cheese, tomatoes, onions, pineapples, Pudding 2 % Milk</p>	<p>14 Chicken Wing Dings Parsley Potatoes Green Beans, WW Bread Pudding, 2% Milk</p>	<p>15 Pinto Beans Hash Rounds, Onions Fruit cocktail Cornbread, Cookie 2% Milk</p>
<p>18 CENTER'S CLOSED PRESIDENT'S DAY</p>	<p>19 Meat Stuffed Green Pep- pers, Scalloped Potatoes Creamy Peas, fruit WW Roll, Pudding, 2% Milk</p>	<p>20 Baked Ham and Gravy Mashed Potatoes Broccoli, WW Roll , Cake & Ice cream 2% Milk</p> <p>Festive Meal</p>	<p>21 Hot Dog with Chili, Cole Slaw, onions Potato Fries Baked Beans Apple, 2% Milk</p>	<p>22 Chicken Stew, egg noodles, Broccoli, Pear Halves, WW Bread, crackers 2% Milk</p>
<p>25 Meatloaf with tomato sauce, scalloped potatoes, green beans, sliced ap- ples, WW Roll, 2% Milk</p>	<p>26 Baked Fish, oven browned potatoes, carrots and peas, sliced peaches, WW Bread, banana, 2% Milk</p>	<p>27 Hamburger on WW Bun, lettuce, tomato, on- ion, corn, pineapples, oven fries, 2% Milk</p>	<p>28 Tomato Soup Ham Sandwich with Cheese, Lettuce and To- matoes, Cookie, Crackers, 2% Milk</p>	