

FEBRUARY 2023

Dinner Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1. BEEF BARLEY Grilled Ham Steak OR Balsamic Herb Chicken BOTH w/ Garlic Mashed Potatoes & California Veggies	2. TOMATO BASIL Beef Taco w/ Fixings OR Grilled Cheese Sandwich w/ Fresh Fruit	3. SQUASH Coconut Shrimp w/ Orange Mango Sauce OR Roast Pork w/ Sundried Tomato Sauce BOTH w/ White Rice & Steamed Broccoli	4. CORN CHOWDER Honey Lemon Glazed Salmon w/ Quinoa OR French Dip Sandwich BOTH w/ Prince William Veggie Blend	
5. PASTA FAJOLI Lemon Baked Chicken w/ Baked Potato & Italian Veggies OR Cheese Pizza w/ Veggies & Dip	6. NAVY BEAN SOUP Beef Pot Roast w/ Gravy & Mashed Potatoes OR Tuna Melt on Wheat BOTH w/ Mandarin Oranges	7. BEEF VEGETABLE Beef Lasagna OR Sage Roasted Chicken w/ Mashed Cauliflower BOTH w/ Steamed Spinach	8. FRENCH ONION Shrimp Scampi w/ Rotini Pasta OR Corned Beef and Swiss on Rye BOTH w/ Tomato Salad	9. CLAM CHOWDER Ginger Peach Roast Pork OR Veggie Egg Bake BOTH w/ Diced Sweet Potatoes & Herbed Asparagus	10. ROASTED RED PEPPER & TOMATO Crab & Cheese Stuffed Cod w/ Lemon Butter Sauce OR Chicken Kiev BOTH w/ Quinoa & Peas & Carrots	11. CHICKEN WILD RICE Italian Sausage & Pepper Sauté OR Baked Salmon w/ Dill Butter & Green Beans BOTH w/ Oven Roasted Potatoes	
12. ITALIAN WEDDING Tuna Casserole & Scandinavian Veggies OR Cranberry Turkey Sandwich w/ Sun chips & Fresh Fruit	13. PASTA FAJOLI Open Faced Hot Turkey Sandwich OR Liver & Onions BOTH w/ Mashed Potatoes & Peas	14. SPINACH & SAUSAGE Orange Cranberry Glazed Chicken OR Swiss & Spinach Quiche BOTH w/ Roasted Veggies & Fruit	15. CHICKEN TORTILLA Braised Swiss Steak w/ Mashed Potatoes & Green Beans OR Chicken Club on Wheat w/ Fresh Fruit	16. CHICKEN w/ DILL Chicken Pot Pie OR Pork Chops w/ Stuffing BOTH w/ Winter Blend Veggies	17. SQUASH SOUP Pork Lyonnaise w/ Mashed Potatoes & Butternut Squash & Apple Casserole OR Seafood Pasta Salad w/ Veggies & Dip & Breadstick	18. TOMATO BASIL Tater Tot Casserole OR Lemon Baked Chicken w/ Boiled Potatoes BOTH w/ Bahama Veggie Blend	
19. SPLIT PEA w/ HAM Mushroom Swiss Burger OR Chicken Tenders BOTH w/ Crunchy Garden Slaw & Potato Wedges	20. CORN CHOWDER Chicken Alfredo w/ Italian Veggies OR Cottage Cheese Fruit Plate w/ Muffin	21. CHICKEN GUMBO Dijon Dill Salmon OR Sesame Pork Tenderloin BOTH w/ White Rice & Asparagus	22. ROASTED RED PEPPER & TOMATO Chicken Pesto OR Sirloin Steak BOTH w/ Baked Potato & California Veggie Blend	23. CHICKEN WILD RICE Ginger Chicken Thigh w/ Fried Rice OR Tuna Salad Sandwich on Wheat w/ Fruit BOTH w/ Broccoli Slaw	24. GARDEN VEGETABLE Herb Baked Chicken OR Cornflake Crusted Cod BOTH w/ Garlic Mashed Potatoes & Winter Squash	25. CLAM CHOWDER Chef Salad OR Beef Stew BOTH w/ Whole Wheat Breadstick	
26. CREAM OF BROCCOLI Beef Chili w/ Corn Muffin OR Cranberry Chicken Salad Sandwich on Croissant BOTH w/ Fresh Fruit	27. TOMATO BASIL Salisbury Steak w/ Mashed Potatoes OR Grilled Ham & Cheese BOTH w/ Bahama Veggie Blend	28. CHICKEN TORTILLA Orange Glaze Chicken OR Pork w/ Sundried Tomato Sauce BOTH w/ Chive Roasted Potatoes & Herbed Asparagus					

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