




FEBRUARY 2023

Lunch Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1. BEEF BARLEY Baked Salmon w/ Artichokes & Peas OR Turkey Waldorf Salad w/ Fresh Fruit BOTH w/ Whole wheat Breadstick	2. TOMATO BASIL Spaghetti & Meatballs w/ Caesar Salad & Garlic Toast OR Sausage Skillet w/ Fresh Fruit	3. SQUASH Ginger Peach Cod OR BBQ Chicken BOTH w/ Diced Sweet Potatoes & Roasted Brussel Sprouts	4. CORN CHOWDER Chicken Tenders w/ Buttered Corn OR Sloppy Joe BOTH w/ Creamy Cucumber Salad	
5. PASTA FAJOLI Meatloaf w/ Mashed Potatoes, Gravy & Wax Beans OR French Toast w/ Scrambled Eggs & Bacon	6. NAVY BEAN SOUP Apple Cranberry Turkey Cutlet OR Pork Ragu Pulled Pork BOTH w/ Pasta & Roasted Veggies	7. BEEF VEGETABLE Fire Braised Pork w/ Honey Mustard Cream OR Orange Chicken BOTH w/ Steamed Rice & Marinated Cucumbers	8. FRENCH ONION Grilled Sirloin Steak OR Parmesan Crusted Chicken w/ Boursin Cream Sauce BOTH w/ Wild Rice & Carrots	9. CLAM CHOWDER White Chicken Chili w/ Corn Muffin & Fresh Fruit OR Beef Brisket Sandwich w/ Coleslaw & German Potato Salad	10. ROASTED RED PEPPER & TOMATO Breaded Fish Sandwich with Cheese w/ Three Bean Salad OR Pulled Chicken Taco Salad w/ Tortilla Chips & Diced Pears	11. CHICKEN WILD RICE Hamburger w/ Baked Beans OR Cottage Cheese Fruit Plate w/ Muffin	
12. ITALIAN WEDDING Cherry Glazed Ham w/ Caramelized Butternut Squash OR Belgian Waffle w/ Scrambled Eggs BOTH w/ Peaches	13. PASTA FAJOLI Baked Parmesan Marinara w/ Whole Grain Penne Pasta OR Egg Salad Sandwich BOTH w/ Fresh Fruit	14. SPINACH & SAUSAGE Beef Stroganoff OR Lemon Pepper Tilapia BOTH w/ Herb Buttered Noodles & Roasted Carrots	15. CHICKEN TORTILLA Maple Dijon Chicken Thighs w/ Baby Bakers OR Beef Enchiladas w/ Shredded Lettuce & Tomato BOTH w/ Buttered Corn	16. CHICKEN w/ DILL BBQ Pulled Pork Sandwich w/ Coleslaw OR Cobb Salad w/ Muffin	17. SQUASH SOUP Seasoned Cod w/ Baked Potato OR Hot Dog w/ Baked Beans BOTH w/ Carrot Raisin Salad	18. TOMATO BASIL Teriyaki Pork Stir Fry w/ Brown Rice OR Grilled Cheese Sandwich BOTH w/ Mandarin Oranges	
19. SPLIT PEA w/ HAM Roast Turkey w/ Diced Sweet Potatoes& Broccoli OR Biscuits & Sausage Gravy w/ Scrambled Eggs & Fresh Fruit	20. CORN CHOWDER Chicken & Dumplings OR Bratwurst w/ Sauerkraut BOTH w/ Diced Beets	21. CHICKEN GUMBO Meatloaf w/ Mashed Potatoes & Diced Carrots OR Turkey Waldorf Salad w/ Fresh Fruit	22. ROASTED RED PEPPER & TOMATO Beef Tips w/ Gravy OR Mushroom Pork Loin BOTH w/ Mashed Potato & Zucchini	23. CHICKEN WILD RICE Swedish Meatballs w/ Herb Buttered & Scandinavian Veggies OR Egg & Cheese on Croissant w/ Fresh Fruit	24. GARDEN VEGETABLE Asian Ginger Salmon w/ Brown Rice Pilaf OR Sloppy Joe BOTH w/ Green Beans	25. CLAM CHOWDER Pork Ragu Pulled Pork over Pasta w/ Cauliflower OR Grilled Fish Sandwich w/ Coleslaw & Fresh Fruit	
26. CREAM OF BROCCOLI Roast Beef w/ Mashed Potatoes, Gravy & Corn OR Cheese Omelet w/ Yogurt Parafit & Sausage Links	27. TOMATO BASIL Sweet & Sour Chicken OR Shrimp Scampi BOTH w/ Brown Rice & Green Beans	28. CHICKEN TORTILLA Corned Beef & Cabbage w/ Red Potatoes & Baby Carrots & Horseradish Sause OR Chicken Caesar Salad BOTH w/ Breadstick					

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