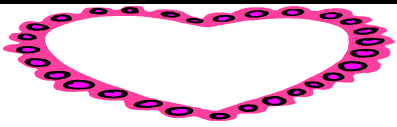


Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<p align="right">February 1</p> Baked Chicken Breast with 1/4 cup Gravy 1/2 cup Creamy Ranch Noodles 1/2 cup Green Beans 4 oz. Chilled Apple Juice Whole Wheat Bread 1/2 cup Rice Pudding	<p align="right">February 2</p> Baked Pepper Steak with Peppers and Gravy 1/2 cup Rice Pilaf 1/2 cup Sweet Peas and Onions Whole Wheat Bread Fresh Fruit
		<p align="right">February 6</p> Hot Roast Beef with 1/4 cup Gravy 1/2 cup Baked Potato 1/2 cup Dill Green Beans 2 Slices Whole Wheat Bread Fresh Fruit	<p align="right">February 7</p> <p align="center">"February Birthdays"</p> 1/2 cup Baked Chicken and Gravy over Waffles (2) 1/2 cup Fresh Pepper Slaw 1/2 cup Baby Carrots "Birthday Cake"
<p align="right">February 13</p> 3 oz. Roast Turkey with 1/4 cup Gravy 1/2 cup Succotash 1/2 cup Homemade Stuffing Whole Wheat Bread Fresh Fruit	<p align="right">February 14</p> <p align="center">"Valentines Special"</p> Baked Chicken with Cream Sauce 1/2 cup Baked Potato with Sour Cream 1/2 cup Green Beans 2 Slices White Bread 1/2 cup Strawberry Mousse	<p align="right">February 15</p> Baked Swiss Steak with 1/4 cup Mushroom Gravy 1/2 cup O'Brien Potatoes 1/2 cup Sweet Peas 2 Slices White Bread 1/2 cup Vanilla Pudding 	<p align="right">February 16</p> Baked Lasagna with Marinara Sauce 3/4 cup Tossed Salad with Tomato 4 oz. Frosty Pineapple Juice Italian Bread 1/2 cup Sherbet
 <p align="center">Closed for President's Day!</p>	<p align="right">February 21</p> Baked Chicken Supreme with 1/4 cup Cream Sauce 1/2 cup Bow Tie Pasta 1/2 cup Sliced Carrots Whole Wheat Bread Fresh Fruit	<p align="right">February 22</p> <p align="center">"Ash Wednesday"</p> Baked Breaded Fish 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Whole Wheat Bread 1/2 cup Pineapples and Mandarin Oranges	<p align="right">February 23</p> BBQ Mock Spare Ribs 1/2 cup Buttered Potatoes 1/2 cup Sweet Corn Sandwich Roll 1/2 cup Sliced Peaches
<p align="right">February 27</p> Baked Paprika Chicken Breast with 1/4 cup Gravy 1/2 cup Oven Brown Potatoes 1/2 cup Green Beans 2 Slices Whole Wheat Bread 1/2 cup Chocolate Pudding 	<p align="right">February 28</p> Baked Swedish Meatballs (4) with 1/4 cup Mushroom Gravy 1/2 cup Egg Noodles 1/2 cup Sliced Carrots Multi-Grain Bread 1/2 cup Cinnamon Applesauce	<p align="right">February 29</p> <p align="center">"Leap Year" "Bravo Italiano Day"</p> 1 cup Baked Pizza Casserole 1/2 cup Tossed Salad with Tomato Garlic Bread Stick 4 oz. Rockin Grape Juice Fresh Fruit	

Served Daily: 1 teaspoon Margarine and 8 oz. Milk



FRIDAY

February 3

Cheeseburger
1/4 cup Lettuce and 1 Slice Tomato
1 cup Homemade Vegetable Soup
Sandwich Roll
Saltines
1/2 cup Lime Frosted Pears
(condiments)



February 10

1 cup Chili Con Carne
1/2 cup Tossed Salad with Tomato
1/2 cup White Rice
Corn Bread Square
1/2 cup Mandarin Oranges

February 17

1/2 cup Sloppy Joe Sandwich
1 cup Ham and Bean Soup
Sandwich Roll
Saltines
4 oz. Chilled Apple Juice
1/2 cup Sliced Peaches

February 24

Baked Salisbury Steak
with 1/4 cup Gravy
1/2 cup Baked Potato with Sour Cream
1/2 cup Harvard Beets
2 Slices Whole Wheat Bread
Fresh Fruit



