

Tuesday		Wednesday		Thursday		Friday	
		1		2		3	
<i>Bone Builders 9:30</i>		Beef Stir Fry w/ Veggies over Brown Rice Cole Slaw Oranges <u>Card Playing 1:00</u>		Pork chops w/gravy Mashed Potatoes Carrots Fruit Crisp <u>Bone Builders 9:30</u>		Vegetable Quiche w/ Cheese Garden Salad Fruit Muffin	
7		8		9		10	
Baked Chicken w/ Rice California Mixed Veggies Garden Salad Peaches <i>Bone Builders 9:30</i>		Mac & Cheese Stewed Tomatoes Broccoli Fruit Salad <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Hungarian Goulash Carrots Garden Salad Fruit Muffin <i>Bone Builders 9:30</i>		BBQ Ribs Potato Salad 3 Bean Salad Fruit Crisp	
14		15		16		17	
VALENTINE'S DAY Beef Stew Garden Salad Fruit Cocktail Biscuit <i>Bone Builders 9:30</i>		Sausage, Peppers & Onions over buttered Noodles California Mixed Vegetables Jello w/ Fruit <u>Card Playing 1:00 PM</u>		Sloppy Joes w/ Ground Turkey Home fries Cole Slaw Apples <i>Bone Builders 9:30</i>		Pea Soup Ham Salad Sandwich Veggie sticks w/dip Mandarin Oranges	
21		22		23		24	
Shepherd's Pie Garden Salad Peaches Fruit muffin <i>Bone Builders 9:30</i>		Roast Pork w/ Gravy Mashed Sweet Potatoes California Mixed Vegetables Fruit Crisp <u>Card Playing 1:00 PM</u>		Corn Chowder Egg Salad Sandwich 3 Bean Salad Oranges <u>Bone Builders 9:30</u>		Chicken & Rice Casserole w/ Vegetables & Cheese Beets Fruit Cocktail Pudding	
28							
Chicken Parmesan over Pasta Garden Salad Fruit Salad <i>Bone Builders 9:30</i>							

Menu is subject to change without notice due to product availability and Nutritionist. Garden Salads consist of Lettuce, Tomatoes, onion, peppers, eggs. Fruit Salad is pineapple, bananas, Strawberries, blueberries, grapes, and/or peaches, when available.