



FEBRUARY 2017 MENUS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| Each Meal Includes: * 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk * Condiments as appropriate * Sodium > 800mg |  | 1 Swiss Style Gr. Beef Squash Scalloped Cabbage Blushing Pears Tomato Juice | 2 Turkey & Dumplings Asparagus Mixed Fruit OJ | 3 Italian Meatloaf Roasted Red Potatoes Brussel Sprouts with Cranberries Cinnamon Apples w/Crunchy Top |
| | 6 | 7 | 8 | 9 |
| Spaghetti Tossed Salad Apricots French Bread | Liver & Onions or Beef Patty Mashed Potatoes Broccoli Oranges and Pineapple | Baked Chicken Baked Potato Peas Cinnamon Raisin Applesauce Tomato Juice | Chili or Beef Barley Corn Bread Tangy Coleslaw Strawberries OJ | Ham Loaf Sweet Potatoes Calico Corn/Corn Mixed Fruit |
| 13 | 14 | 15 | 16 | 17 |
| Salisbury Ground Beef Mashed Potatoes Mixed Vegetables Peaches OJ | Autumn Chicken Creamed Asparagus Quinoa Plums WW Roll | COOK'S CHOICE |  Tater Tot Casserole California Blend Fruit Salad WW Roll | Crunchy Pollock Baked Potato Spinach au gratin Carrot Cake Mandarin Oranges |
| 20 | 21 | 22 | 23 | 24 |
| Chicken Rice Broccoli Casserole Tossed Salad Garlic Bread Hot Fruit Compote OJ | Pork Loin Baked Potato Cooked Cabbage & Onions Cook's Fruit Bar Tomato Juice | Beef & Noodles Stewed Tomatoes Broccoli Raisin Salad Peach Crisp | Baked Chicken Mashed Potatoes w/ Gravy Cranberry Brussel Sprouts Cinnamon Applesauce | COOK'S CHOICE |
| 27 | 28 | | | |
| Ham & Bean Soup Corn Bread Carrots Strawberries & Bananas OJ | Turkey Roast Sweet Potatoes Green Beans Pumpkin Custard | | | |

Amy Barnes MS RDW LDW