




FEBRUARY 2018 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Each Meal Includes:		1	2	
	* 1/3 of the Required Daily Amounts (RDA) * Milk * Condiments as appropriate  *Sodium >800 <i>Amy Barnes MS RDN LDN</i>		Meatloaf Roasted Red Potatoes Brussel Sprouts with Cranberries Cinnamon Apples w/Crunchy Top	Chicken & Noodle Casserole Beets Plums Oatmeal-Raisin Bar OJ
	5	6	7	8
Liver & Onions or Beef Patty Mashed Potatoes Broccoli Oranges and Pineapple Bread Pudding	Baked Chicken Baked Potato Peas Mixed Fruit Tomato Juice	Chili or Beef Barley Corn Bread Tangy Coleslaw Strawberries OJ	Ham Loaf Sweet Potatoes Calico Corn/Corn Cinnamon Raisin Applesauce	Spaghetti Tossed Salad Apricots French Bread
12	13	14	15	16
Salisbury Ground Beef Mashed Potatoes Mixed Vegetables Peaches OJ	Autumn Chicken Creamed Asparagus Brown Rice Plums Chocolate Pudding	COOK'S CHOICE	 Tater Tot Casserole California Blend Fruit Salad WW Roll	Crunchy Pollock Baked Potato Spinach au gratin Carrot Cake Mandarin Oranges
19	20	21	22	23
Ham & Bean Soup Corn Bread Carrots Strawberries & Bananas OJ	Turkey Roast Sweet Potatoes Green Beans Pumpkin Custard	Beef Stew Coleslaw Crunchy Cranberry Salad WW Roll Plums	Lasagna Mixed Green Salad Garlic Bread Bananas & Oranges Grape Juice	Egg & Potato Casserole Asparagus Fresh Apple Fruit Oat Muffin Tomato Juice
26	27	28		
Pork Loin Baked Potato Cooked Cabbage & Onions Cook's Fruit Bar Tomato Juice	Chicken Rice Broccoli Casserole Tossed Salad Garlic Bread Hot Fruit Compote OJ	Beef Stroganoff and Noodles Stewed Tomatoes Broccoli Raisin Salad Peach Crisp		