

WHAT'S COOKING?

LUNCH MENUS FOR February 12-March 04, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
Baked Chicken With Cranberry Sauce Garnish (Roast Pork) Whipped Potatoes with Gravy Whole Kernel Corn (Diced Carrots) Peach Pie	Italian Meatballs with Spaghetti (Macaroni and Cheese) Tossed Salad with Blue Cheese Dressing (Pickled Beets) (Diet French Dressing) Warm Breadstick Fruit Cocktail	<u>Valentine's Day</u> Surf and Turf – Grilled Ribeye with Shrimp Scampi (Grilled Chicken in Wine Sauce) Au Gratin Potatoes (Whipped Potatoes) Waldorf Salad (Tossed Salad with Diet French Dressing) Potato Roll Valentine's Cookie	Chop Suey over Steamed Brown Rice (Macaroni and Cheese) Sugar Snap Pea Pods (Asparagus) Chow Mein Noodles Angel Food Cake with Strawberry Topping	Grilled Reuben Sandwich (Turkey Tetrazzini) French Fries (Whipped Potatoes) Creamy Coleslaw (Two Bean Salad) Pickle Spear Butterscotch Ice Cream Sundae	Shrimp Mates with Cocktail Sauce (Baked Haddock/Scrambled Eggs) Cheesy Hashbrowns (Whipped Potatoes) Tossed Salad with Thousand Island Dressing (Pea Salad) Rye Bread Cinnamon Streusel Coffee Cake	Ham-Stuffed Chicken w/ Swiss Cheese Sauce (Meatloaf) Noodles Romanov (Whipped Potatoes) California Blend Vegetables (Asparagus) Black Forest Bar
19	20	21	22	23	24	25
Roast Pork with Spiced Apple Ring (Roast Beef) Baked Sweet Potato (Whipped Potatoes) Wax Beans (Spinach) Strawberry-Rhubarb Fruit Cup	Braised Beef Tips and Peppers (Macaroni and Cheese) Garlic Mashed Red Potatoes Tossed Salad with French Dressing (Pickled Beets) (Diet Ranch Dressing) Warm Garlic Roll Ranger Cookie	Lasagna with Tomato Sauce (Turkey Tetrazzini) Steamed Zucchini (Diced Carrots) Warm Breadstick Vanilla Cheesecake	Memphis Style Pork Ribs (Chicken Filet) Cheesy Hashbrowns (Whipped Potatoes) Southern Hot Slaw (Wax Beans) Sweet Potato Pie	Salisbury Steak (Turkey Loaf) Whipped Potato With Gravy Whole Kernel Corn (Green Beans) Banana Cake	Grilled Haddock with Tartar Sauce (Meatloaf) Baked Potato (Whipped Potatoes) Brussels Sprouts (Asparagus) Rye Bread Raspberry Jell-O with Peaches	Chicken Breast with Supreme Sauce (Salisbury Steak) Steamed Red Potato (Whipped Potatoes) Mixed Vegetables (Squash) Poppy Seed Cake with Icing
26	27	28	01	02	03	04
Veal Piccata with Lemon Sauce (Macaroni and Cheese) Noodles Romanov (Whipped Potatoes) Harvard Beets (Diced Carrots) Blushing Pear	Teriyaki Meatballs over Steamed Rice (Baked Haddock) (Whipped Potatoes) Sugar Snap Peas (Asparagus) Fortune Cookie Tapioca Pudding	<u>FAT TUESDAY</u> Jambalaya over Seasoned Rice (Baked Chicken) (Whipped Potatoes) Cheesy Biscuit Banana Supreme Torte	<u>ASH WEDNESDAY</u> Cod Amandine (Pork Roast) (Turkey Loaf) Cheesy Hashbrowns (Whipped Potatoes) Green, Wax Bean and Baby Carrot Blend (Wax Beans) Potato Roll	Meatloaf with Tomato Sauce (Chicken Fillet with Supreme Sauce) Baked Potato (Whipped Potatoes) California Blend Vegetables (Asparagus) Date Cake	Potato Pancakes with Syrup (Whipped Potatoes) Bacon Strips (Scrambled Eggs) Applesauce Pumpkin Square	Chicken Pot Pie (Hamburger with a Bun) Tossed Salad (Waldorf Salad) With Thousand Island Dressing (Diet French Dressing) Chocolate Sundae

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