



**February 2019
Congregate Meal Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				February 1 Beef Burrito Bowl <i>(3 ounces Meat and Cheddar Cheese)</i> 1/2 cup Seasoned Corn and Black Beans 1/2 cup Cilantro Rice 1/2 cup Pineapple Tidbits Taco Sauce and Sour Cream
February 4 Hot Dog 1/2 cup Cheesy Potatoes 1/2 cup Sweet Peas Hot Dog Roll Fresh Seasonal Fruit 	Happy Birthday February 5 Vegetable Lasagna with Parmesan Cream Sauce 1 cup Tossed Salad with Hardboiled Egg, Cucumber, and Dressing Breadstick Cottage Cheese and Diced Peaches Birthday Cake	February 6 1 cup Chili Con Carne 1/2 cup Baked Potato with Margarine Whole Grain Mini Biscuit 1/2 cup Warm Apples 	February 7 Warm Ham and Cheese on Ciabatta <i>(2 ½ ounce sliced Ham and ½ ounce sliced Cheese)</i> 1 cup Creamy Tomato Bisque with Crackers Whole Grain Ciabatta Roll Fresh Fruit 	February 8 Burgundy Meatballs (4) with Mushrooms over 1/2 cup Egg Noodles 1/2 cup Carrots Wheat Bread 1/2 cup Mixed Fruit Salad
February 11 1/2 cup Pulled Turkey with Gravy 1/2 cup Whipped Potatoes 1/2 cup Green Beans Wheat Bread 1/2 cup Applesauce 	February 12 1/2 cup Sloppy Joe 1/2 cup Ranch Seasoned Potatoes 1/2 cup Coleslaw Whole Grain Sandwich Roll Cookie 	February 13 Hawaiian Pork Chop 1/2 cup Blended Rice Pilaf 1/2 cup Mixed Vegetables White Bread Fresh Fruit 	Valentine's Day Special February 14 Chicken Rosa Baked Potato with Sour Cream 1/2 cup Sweet Peas and Onions Dinner Roll Strawberry Fluff 	February 15 Warm Roast Beef Sandwich <i>(3 ounces Roast Beef and Au Jus)</i> 1 cup Homemade Vegetable Soup with Crackers Sandwich Roll 1/2 cup Pineapple tidbits
 February 18 President's Day	February 19 Bratwurst 1/2 cup Sauerkraut 1/2 cup Whipped Potatoes Hot Dog Roll 1/2 cup Warm Cinnamon Applesauce Mustard Packet 	February 20 Baked Meatloaf Marinara with Mozzarella Topping 1/2 cup Garlic Whipped Potatoes 1/2 cup Parmesan Corn Wheat Bread 1/2 cup Banana Pudding 	February 21 Greek Chicken Salad <i>(3 ounces Chicken, Black Olives, Red Onions, Tomato, and Mozzarella Cheese)</i> 1 cup Mixed Greens with Dressing 1 cup Bean Soup with Crackers Dinner Roll Cookie 	February 22 Baked Ham with Raisin Sauce 1/2 cup Whipped Sweet Potatoes 1/2 cup Harvard Beets White Bread Fresh Fruit
February 25 Pork Ribette 1/2 cup Seasoned Potatoes 1/2 cup Baked Beans Dinner Roll 1/2 cup Sliced Peaches 	February 26 3/4 cup Baked Ziti(3/4c.) w/Meatballs (3) with Meatballs (3), Marinara Sauce, and ½ ounce Cheese Topping Marinara Sauce &.5 oz Cheese Topping 1 cup Caesar Salad Garlic Breadstick 1/2 cup Mixed Fruit Salad 	February 27 Swiss Steak with 2 ounces Onion Gravy 1/2 cup Cabbage and Noodles 1/2 cup Diced Carrots Wheat Bread 1/2 cup Pineapple Delight 	February 28 Grilled Chicken Bacon Swiss Club <i>(Chicken, Bacon, Cheese (1 piece each) with Lettuce, Tomato, and Condiments)</i> 1 cup Creamy Potato Soup with Crackers Sandwich Roll 1/2 cup Blushed Pears 	

*** All meals are subject to change ***
 *** Served Daily: 8 ounces Milk and 1 teaspoon Margarine