

WEEK OF FEBRUARY 5

Sunday

Fall Harvest Salad
Pot Roast/Gravy or *Ginger-Glazed Catfish*
Mashed Potatoes • Seasoned Spinach
Signature Bread • Ice Cream

Monday

Romaine & Red Onion Salad
Lemon Chicken w/Thyme or
Broccoli, Cheese & Rice Casserole
Barley Pilaf • Roasted Winter Squash
Signature Bread • Coconut Key Lime Cupcake

Tuesday

Fruit Gelatin Salad
Smothered Pork Chop or *Tofu & Bok Choy Stir Fry*
Brown Rice • Green Beans
Signature Bread • Cookie

Saturday

Green Mixed Salad/Dressing
Beef Stew/Potatoes or *Spinach, Ricotta & Walnut Lasagna*
Steamed Broccoli
Signature Bread • Ambrosia

Wednesday

Spinach Salad w/Bacon Dressing
Corn Beef/Cabbage or *Eggplant Napoleon*
Red Potatoes • Carrots
Signature Bread • Banana Cake

Thursday

Citrus Salad
Oven Baked Chicken or
Smoked Gouda Macaroni & Cheese
Herbed Quinoa • Collard Greens
Signature Bread • Coconut Cream Pie

Friday

Cole Slaw
Baked Fish or *Chipotle Turkey Meatloaf*
AuGratin Potatoes • Sauteed Chayote Squash
Signature Bread • Ice Cream

WEEK OF FEBRUARY 12

Sunday

Edamame Salad
Roast Turkey or *Lentil Loaf/Salsa*
Sweet Potato Casserole • Green Beans
Signature Bread • Ice Cream

Monday

Tossed Salad/Dressing
Baked Fish or *Butternut Squash Ravioli*
Golden Jewel Blend • Zucchini w/Diced Peppers
Signature Bread • Jello Parfait

Tuesday

Salad Bar
Meat Loaf or *Dijon Herb Tilapia*
Saffron Rice • Vegetable Medley
Signature Bread • Black Forrest Cake

Saturday

Greek Salad
Chili Bar or *Chicken Stew*
Steak Fries • Mixed Vegetables
Signature Bread • Apple Cobbler

Wednesday

Salad Bar
Chicken Terijaki or *Tofu Stir Fry*
Udon Noodles • Ginger Carrots
Signature Bread • Birthday Dessert

Thursday

Salad Bar
Pork Roast/ Gravy or Casserole Della Nora
Noodles • Roasted Root Vegetables
Signature Bread • Peach Pie

Friday

Salad Bar
Lemon Baked Cod or *Salisbury Steak/Mushroom*
Roasted Red Potato • Stewed Tomatoes
Signature Bread • Ice Cream