

Breakfast**February 2020**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Scrambled Eggs, Donuts, Choice of Hot or Cold cereal, Toast
2 Egg, Bacon, Choice of Hot or Cold cereal, Toast	3 Waffles W/Fruit Choice of Hot or Cold cereal, Toast	4 Eggs Florentine, Choice of Hot or Cold cereal, Toast	5 Danish, Boiled Egg Choice of Hot or Cold cereal, Toast	6 Cheese Omelet, Fruit, Choice of Hot or cold cereal, Toast	7 French Toast, Sausage Links Choice of Hot or cold cereal, Toast	8 Frittata, Choice of Hot or cold cereal, Toast
9 Cheesy Scrambled Eggs, Sausage Patty, Choice of Hot or cold cereal, Toast	10 Egg Patty, Canadian Bacon & Cheese on Croissant, Choice of Hot or cold cereal, Toast	11 Egg, Bacon, Choice of Hot or cold cereal, Toast	12 Morning Glory Muffin, Boiled Eggs, Choice of Hot or cold cereal, Toast	13 Biscuits & Sausage Gravy, Boiled Egg, Choice of Hot or Cold cereal, Toast	14 Pancakes, Smoky Links, Choice of Hot or cold cereal, Toast	15 Scrambled Eggs, Bacon, Choice of Hot or cold cereal, Toast
16 Egg Patty, Sausage Patty on English Muffin, Choice of Hot or cold cereal, Toast	17 Frittata. Choice of Hot or cold cereal, Toast	18 Scrambled Eggs, Turkey Sausage, Choice of Hot or cold cereal	19 Coffeecake, Scrambled Eggs, Choice of Hot or cold cereal	20 Egg, Bacon, Choice of Hot or cold cereal	21 Frittata, Choice of Hot or cold cereal	22 Cinnamon French Toast, Sausage Links, Choice of Hot or cold cereal
23 Quiche, Choice of Hot or cold cereal	24 Cinnamon Roll, Boiled Eggs, Choice of Hot or cold cereal	25 Cheese Omelet, Choice of Hot or cold cereal	26 Western Egg Bake, Choice of Hot or cold cereal	27 Frittata, Choice of Hot or cold cereal	28 Blueberry Pancakes, Smoky Links, Choice of Hot or Cold cereal, Toast	29 Yogurt Parfait, Muffin, Choice of Hot or cold cereal

Dinner

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Beef Stew on Biscuit, Tossed Salad, Dessert
2 Beef Roast, Mashed Potatoes & Gravy, Green Beans, Roll Ice Cream	3 Teriyaki Chicken, Chicken Rice, Oriental Vegetables, Crab Rangoon's, Red Carrot Cake	4 Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Cookie	5 BBQ Chicken Thighs, Red Potatoes, Cauliflower, Wheat Bread Ice Cream	6 Pork Chops, Mashed Potatoes & Gravy, Carrots Pudding	7 Sweet Potato Crusted Pollock, Noodles , Capri Blend, Roll Apple Bars	8 Chicken Breast, Sweet Potatoes, California Blend, Roll Peach Crisp
9 Roast Turkey , Stuffing, California Blend, Cranberry Sauce, Ice Cream	10 BBQ Pork Ribs, Baked Potato, Broccoli, Roll Nanaimo Bar	11 Sweet & Sour Meatballs, Rice,, Oriental Vegetables, Orange Bread	12 Meatloaf, Mashed Potatoes & Gravy, Carrots, Roll, Cookie	13 Chicken Pot Pie, Tossed Salad, Wheat Bread Carrot Cake	14 Butter Crumb Scrod, Sweet Potatoes, Cauliflower, Roll Cookie	15 Tortellini Casserole, Tossed Salad, Garlic Breadstick, Brownie
16 Ham, Mashed Potatoes & Gravy, California Blend,, Wheat Bread Ice Cream	17 Chicken Cordon Bleu, Red Potatoes, Green Beans, Pudding & Cookie Parfait	18 Beef Tips, Egg Noodles, Green Peas, Bread, Cake	19 Lasagna, Tossed Salad, Garlic Toast, Cannoli's	20 Baked Chicken, Party Potatoes, Broccoli & Cheese, Roll Cherry Pie	21 Tortilla Crusted Tilapia, Mexican Rice, Fiesta Corn, Roll Bar	22 Shepard's Pie, Cottage Cheese Salad, Roll Cookie
23 Pork Roast, Mashed Potatoes & Gravy, Baby Carrots, Roll Ice Cream	24 Baked Chicken Legs, Mashed Potatoes & Gravy, Cole Slaw, Corn, Biscuit Pudding	25 Shrimp Fettuccine Alfredo, Salad, Garlic bread Dessert	26 Swiss Steak, Mashed Potatoes & Gravy, Green Beans, Bread Pie Ala Mode	27 BBQ Chicken Thighs, Diced Potatoes, Cauliflower, Chocolate Cake	28 Meatloaf, Mashed Potatoes & Gravy, Prince Charles Blend,	29 Broccoli Chicken, Chicken Rice, Chalet Blend, Brownie

Supper

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 BFS Day! Broccoli Quiche, Ham Slice, Strawberries
2 Vegetable Soup, Tossed Salad, Roll Fruit Cocktail	3 Hotdog on Bun, Baked Beans, Carrot-Raisin Salad Mandarin Oranges	4 Chicken Noodle Soup, Turkey & Swiss Sandwich Mixed Melon	5 Grilled Cheese sandwich, Tomato Soup, Pineapple Chunks	6 Tater Tot Casserole, Wheat Bread, Cottage Cheese W/ Peaches	7 Cauliflower Soup, Chef's Salad, Applesauce	8 Goulash, Wheat Bread, Mixed Fruit
9 Turkey Wrap, Cottage Cheese, Apricots	10 Minestrone Soup, Tossed Salad W/ Turkey, Mixed Fruit	11 Chicken Salad on Croissant, Chips, Pears	12 Ham Slice, Split Pea Soup, Wheat Bread Jell-O W/ Mandarin Oranges	13 Turkey & Swiss Slider, Marinated Cucumbers, Fruit Salad	14 Ham & Potato Au Gratin, Wheat Bread Melon	15 White Chicken Chili, Corn Muffin Mixed Fruit
16 Hotdog on Bun, French Fries, Cole Slaw, Pineapple Chunks	17 Vegetable Soup, Chef's Salad Fruit Cocktail	18 Cheeseburger, Chips, Pickle, Jell-O W/Fruit	19 Chicken Tenders, Tater Tots, Broccoli Slaw Applesauce	20 Fish Sticks, French Fries, Cottage Cheese Mixed Melon	21 Pulled Pork on Bun, German Potato Salad, Baked Beans, Pears	22 Broccoli Cheese Soup, Tossed Salad w/Ham Mixed Fruit
23 Tuna Sandwich, Pasta Salad, Jell-O	24 Mexican Rice, Tortilla Chips & Salsa, Refried Beans, Peaches	25 Brats with Kraut, on Bun, Bean Soup Mandarin Oranges	26 Chicken on Bun, Sweet Potato Fries, Grapes	27 Chili , Cornbread, Mixed Melon	28 Tuna Casserole, Wheat Bread, Pears	29 Cabbage Rolls, Mashed Potatoes, Stewed Tomatoes, Mixed Fruit