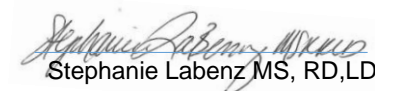


February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	TO RESERVE OR CANCEL A MEAL CALL 641-792-7102 Toll Free 1-866-942-7102			1 Smothered Pork Chop Whipped Potatoes 1 Lima Beans 1 Apricots 1 Frosted Cake 2
4 Cook's Choice Mac & Cheese w/ham Greenbeans Pickled Beets Plums Dessert	5 Taco Soup 1 Spinach Salad Crackers 1 Pineapple 1 Cookie 1	6 Lasagna 1.5 Mixed Vegetables 1 Applesauce 1 Orange 1 Garlic Bread 1	7 Tuna Noodle Casserole 2 Corn O'Brien 1 Banana 2 Cherry Dump Cake 1.5	8 Turkey Meatballs Mashed Potatoes & Gravy 1 Asparagus Pears 1 Muffin 1.5
11 BBQ Beef on Bun 1.5 Sweet Potato Tots 2 Lettuce Salad Peaches 1 Fruited Yogurt 1	12 Herb Baked Chicken Parmesan Potato 1 Tuscan Blend Vegetables Apricots 1 Cookie 1	13 Crispy Fish Party Potatoes 1 Brussels Sprouts Roll 1 Vanilla Fruit Salad 1.5	14 Turkey Divan 2 Mashed Potatoes 1 Peas 1 White Cake 1 Strawberries 1	15 Beef Macaroni & Cheese 1 Stewed Tomatoes .5 Broccoli Orange 1 Cookie 1
18 President's Day CLOSED	19 Cook's Choice Fruited Chicken Salad on lettuce Salad Roll Dessert	20 Meatloaf Potatoes 1 Peas 1 Strawberries 1 Cake (2) BIRTHDAY DAY	21 Scalloped Potatoes 2 w/ Turkey Ham Asparagus Banana and Orange Cup 1 Cookie 1	22 Hamburger Chili 1.5 Corn 1 Crackers 1 Peaches 1 Berry Crisp 2
25 Baked Potato w/ 1.5 Turkey Ham Cheese Sauce Broccoli Tropical Fruit 1 Pistachio Salad 1	26 Salisbury Steak Brown Rice 1 Carrots Rosy Pears 1 Granola Bar 1	27 Fish Sandwich 1 Tator Tots 1 Coleslaw Strawberries 1 Peanut Butter Cookie 1	28 Vegetable Beef Soup 1 Lettuce Salad Banana 2 Jell-O 1 Crackers 1	

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days do not have carbohydrate count labeled.


Stephanie Labenz MS, RD,LD