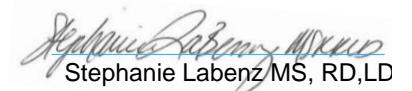


February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Tuna Noodle Casserole 1	Smothered Pork Chop	Swiss Steak
		Creamed Peas & Carrots 1	Cheesy Texas Potatoes 2	Mashed Potatoes 1
		Fruit Cocktail 1	Lima Beans 1	Corn 1
		Brownie 1	Apricots 1	Tropical Fruit 1
				Orange 1
6	7	8	9	10
Meatballs	Chicken Patty on Bun 2	Spaghetti 1.5	Chicken Noodle Soup .5	Salmon Loaf
Mashed Potatoes & Gravy 1	Beets	Mixed Vegetables 1	Spinach	Corn O'Brien 1
Asparagus	Potato Salad 1.5	Applesauce 1	Crackers 1	Banana 2
Pears 1	Plums 1	Orange 1	Pineapple 1	Cherry Dump Cake 1.5
Blueberry Muffin 1.5	 Tapioca Pudding 2	Roll 1	Chocolate Chip Bar 1.5	
13	14	15	16	17
BBQ Beef on Bun 1.5	Baked Potato w/ 1.5	Turkey Divan 2	Herb Baked Chicken	Beef Macaroni & Cheese 1
Squash	Turkey Ham	Mashed Potatoes 1	Parmesan Potato 1	Stewed Tomatoes .5
Capri Vegetables	Cheese Sauce	Peas 1	Italian Blend Vegetables	Brussel Sprouts
Peaches 1	Broccoli	Strawberries 1	Apricots 1	Orange 1
Plums 1	Tropical Fruit 1	Cake 1		Banana Bar 1
	Pistachio Salad 1	BIRTHDAY DAY		
20	21	22	23	24
	Biscuits & Gravy 1.5	Meatloaf	Scalloped Potatoes 2	Chili 1.5
CLOSED	Spinach	Mashed Potatoes & Gravy 1	w/ Turkey Ham	Corn 1
	Carrots	Peas 1	Asparagus	Crackers 1
PRESIDENT'S DAY	Mandarin Oranges 1	Strawberries 1	Plums 1	Peaches 1
		Cookie 2	Applesauce in Gelatin 1.5	Berry Crisp 2
27	28	TO RESERVE OR CANCEL		PLEASE REMEMBER
Crispy Fish	Beef & Noodles 1.5	A MEAL CALL		TO CALL US IF YOU
Party Poatoes 1	Asparagus	641-792-7102		ARE NOT GOING TO
Brussels Sprouts	Carrots	Toll Free 1-866-942-7102		BE HOME TO RECEIVE
Vanilla Fruit Salad 1.5	Blushing Pears 1	PLEASE LEAVE A MESSAGE		YOUR MEAL
	Granola Bar 1	IF NO ONE ANSWERS		
		THE PHONE		

**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