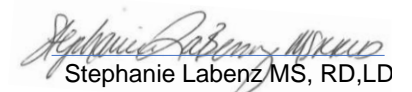


February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Potato w/ Turkey Ham Cheese Sauce Broccoli Tropical Fruit Pistachio Salad	2 Creamed Chicken on Biscuits Mixed Vegetables Applesauce Carrot Cake with Frosting	3 Baked Fish Potatoes with Onions Corn O'Brien Berry Cup	4 Beef Macaroni & Cheese Stewed Tomatoes Orange Banana Bar
7 BBQ Beef on Bun Candied Sweet Potatoes Coleslaw Peaches Fruited Yogurt	8 Meatloaf Mashed Potatoes & Gravy Asparagus Pears Muffin	9 Salmon Pattie Party Potatoes Green Beans Roll Vanilla Fruit Salad	10 Chicken Strips Whipped Potatoes Tuscan Blend Vegetables Apricots Cookie	11 Cook's Choice Broccoli Cheese Soup 1/2 Ham Salad Sandwich Peas Banana
14 Fish Sticks & Chips Country Trio Vegetables Roll Pineapple	15 Cook's Choice Chicken Ala King Whipped Potatoes Spinach Mandarin Oranges Brownie	16 Hamburger Steak Mashed Potatoes & Gravy Peas Fruit Cocktail Cookie	17 Scalloped Potatoes & Ham Asparagus Banana and Orange Cup Dessert	18 Chili Corn Crackers Peaches Berry Crisp Sack Lunch for 2/21
21 President's Day CLOSED	22 Fish Sandwich Tri-Tators Coleslaw Strawberries Cookie	23 Pork in Gravy Potatoes Beans Apricots Frosted Cake	24 Pizza Lettuce Salad Banana Peach Crisp	25 Salisbury Steak Whipped Potatoes Sliced Carrots Rosy Pears
28 Taco Soup Carrots Crackers Pineapple Cookie		TO CANCEL YOUR MEAL, PLEASE CALL 641-792-7102. MEALS WILL NOT BE LEFT IF YOU ARE NOT HOME.		IF WE NEED TO CLOSE FOR ANY REASON, YOU SHOULD GET A CALL AROUND 9 AM

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.


Stephanie Labenz MS, RD, LD