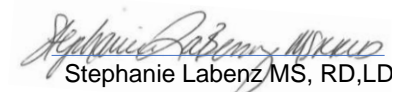


February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Hot Beef Open Sandwich	Baked Fish	Beef Macaroni & Cheese
		Mixed Vegetables	Potatoes with Onions	Stewed Tomatoes
		Applesauce	Corn O'Brien	Orange
		Carrot Cake with Frosting	Berry Cup	Banana Bar
6	7	8	9	10
Meatloaf	Cook's Choice	Baked Chicken	Sloppy Joe on Bun	Cook's Choice
Whipped Potatoes	Pulled Pork Sandwich	Parmesan Potato	Sweet Potatoes	BBQ Chicken Soup
Asparagus	Baked Beans	Tuscan Blend Vegetables	Beets	Peas
Pears	Coleslaw	Apricots	Peaches	Crackers
Roll	Vanilla Fruit Salad	Lemon Pudding	Strawberry Yogurt	Strawberries
				Dessert
13	14	15	16	17
Baked Fish	Ham and Potato Casserole	Hamburger Steak	Grilled Chicken on Bun	Chili
Mashed Potatoes	Asparagus	Mashed Potatoes & Gravy	Green Beans	Corn
Country Trio Vegetables	Banana	Peas	Chips	Baked Cinnamon Apples
Pineapple	Roll	Fruit Cocktail	Applesauce	Crackers
Dessert		Cake	Dessert	Cookie
20	21	22	23	24
	Pizza	Crispy Fish	Salisbury Steak	Smothered Pork Chop
CLOSED	Broccoli Salad	TriTators	Whipped Potatoes	Mashed Potatoes
PRESIDENT'S DAY	Mixed Fruit	Coleslaw	Sliced Carrots	Kidney Beans
	Muffin	Strawberries	Rosy Pears	Apricots
		Cookie		
27	28		MEALS ARE FUNDED BY:	To cancel your meal,
Baked Potato w/	Taco Soup		*JASPER COUNTY	call 641-792-7102. Meals
Turkey Ham	Carrots		*AGING RESOURCES	will not be left if you
Cheese Sauce	Crackers		*CLIENT DONATIONS *MEMORIALS	are not home or
Broccoli	Pineapple		*ELDERLY WAIVER/MEDICAID	have not communicated
Tropical Fruit	Chocolate Chip Bar		*EFSP FUNDS FROM UNITED WAY	with us.
Pistachio Salad				

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


Stephanie Labenz MS, RD,LD