

COUNTRY NEIGHBOR MENU FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Macaroni and Cheese Harvard Beets Tossed Salad Fresh Banana	Chicken Enchiladas Spanish Rice Mexican Corn Pineapple Cup Juice
5	6	7	8	9
Country Fried Steak Mashed Potatoes/Gravy Corn Cottage Cheese & Peaches Juice	Breaded Pork Chop Red Skin Potatoes with Garlic and Butter Brussel Sprouts Applesauce Juice	Johnny Marzetti Garlic Parmesan Green Beans Tossed Salad Baked Apples	Creamed Chicken with Dumplings, Peas & Carrots Beet Salad Peaches & Cream	Tomato Bisque Soup Beef & Cheddar Sandwich Cauliflower Broccoli Salad Juice
12	13	14	15	16
Italian Sausage Sandwich w/ Peppers & Onions Tortellini Salad w/ Vegetables Mixed Fruit	Breaded Chicken Rice Pilaf Candied Carrots Mandarin Orange Salad Juice	Sweet & Sour Pork w/ Oriental Vegetables Rice Cabbage Salad Pineapple	Stuffed Cabbage Mashed Potatoes/Tomato Gravy Buttered Beets Cinnamon Applesauce	Chicken Tortellini Soup Meatball Sub Sandwich w/ Mozzarella Cheese Waldorf Salad Juice
19	20	21	22	23
Honey Mustard Chicken Cheesy Mashed Potatoes Sanoma Vegetables Cottage Cheese & Peaches Juice	Taco Salad with Beef, Tortilla Chips, Lettuce, Tomato, Sour Cream, & Shredded Cheese Spanish Rice Corn Salad Juice	Open Faced Roast Beef Sandwich Mashed Potatoes w/ Gravy Lima Beans Carrot Raisin Salad Juice	Stuffed Cheese Ravioli with Meat Sauce Tossed Salad Green Beans Pears	Turkey Breast & Provolone Cheese on Wrap Potato Soup Broccoli Salad Ambrosia Juice
26	27	28		
Cream of Mushroom Soup Hamburger on Bun with Lettuce & Cheese Pea Salad Orange Tapioca Jello	Polish Sausage & Sauerkraut Pierogis with Sour Cream Green Beans Fruit Cocktail Juice	Meatloaf Mashed Potatoes/Gravy Sugar Snap Peas Garden Salad Juice	3 oz. protein 4 oz. fruit 4 oz. vegetable 3 oz. starch 2 oz. grain 8 oz. casserole	Milk and bread served with all meals.

Menu meets nutritional needs of healthy adults: _____