

# February



### Reservations & Cancellations:

Please call (209) 365-0572, at least 24 hours in advance if you would like to join us for lunch, cancel your reservation, or cancel your Home Delivered Meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>\$4.00 Suggested Lunch Contribution</b>                      If you are unable to make a contribution, please consider contributing whatever you can. No one will be denied a meal if they are unable to contribute.</p> <p>~ Vitamin A Source                      * Vitamin C Source                      ^S Meal Contains &gt;1000mg of sodium  <b>VEG</b> Vegetarian</p>			<p><b>1</b></p> <p><b>Sliced Roast Beef</b>                      Mashed Potatoes                      Brown Gravy                      ~Carrots &amp; Green Beans                      *Mandarin Oranges                      Wheat Bread Pudding                      Butter                      1% Milk</p>	<p><b>2</b></p> <p><b>Cream of Broccoli Soup</b>                      ~Steamed Brussels Sprouts                      ~Green Salad                      Kidney Beans                      Dressing                      *Fruit                      Whole Wheat Roll                      1% Milk  <b>VEG</b></p>
<p><b>5</b></p> <p><b>Meatloaf</b>                      Buttered Noodles                      ~*Steamed Spinach                      *Orange                      Whole Wheat Roll                      Butter                      1% Milk</p>	<p><b>6</b></p> <p><b>Fish &amp; Chips^S</b>                      Battered Cod Filet                      Tater Tots                      ~Mixed Veggies                      *Broccoli Salad                      Chocolate Chip Cookie                      1% Milk</p>	<p><b>7</b></p> <p><b>Baked Ziti w/ Sausage</b>                      *Steamed Broccoli                      ~Apricot Halves                      Whole Wheat Roll                      Butter                      1% Milk</p>	<p><b>8</b></p> <p><b>Clam Chowder &amp; Salad</b>                      Clam Chowder                      Green Salad                      Dressing                      *Steamed Spinach                      Sourdough Roll                      Banana                      Butter                      1% Milk</p>	<p><b>9</b></p> <p><b>Chicken Strips</b>                      Tater Tots                      ~*Mixed Veggies                      *Melon Salad                      BBQ Sauce                      Tangerine                      1% Milk</p>
<p><b>12</b></p> <p><b>Lemon Baked Fish</b>                      Rice Pilaf                      ~Steamed Carrots                      *Mandarin Oranges                      Whole Wheat Roll                      Butter                      1% Milk</p>	<p><b>13</b></p> <p><b>Beef Stroganoff</b>                      Buttered Noodles                      *Roasted Broccoli                      &amp; Cauliflower                      Apricot Halves                      Whole Wheat Roll                      Butter                      1% Milk</p>	<p><b>14</b></p> <p><b>Chicken Cordon Bleu^S</b>                      Wid Rice                      ~*Vegetable Medley                      *Fresh Strawberries                      Sugar Cookie                      1% Milk</p>	<p><b>15</b></p> <p><b>Spaghetti w/Meat Sauce</b>                      Green Salad w/Beets                      Garbanzo Beans                      Dressing                      ~Roasted Carrots                      Garlic Bread                      1% Milk</p>	<p><b>16</b></p> <p><b>Turkey Sloppy Joe</b>                      Turkey Sloppy Joe Mix                      Whole Wheat Bun                      ~*Brussels Sprouts                      Coleslaw                      *Jello w/Strawberries                      1% Chocolate Milk</p>
<p><b>19</b></p> <p><b>CLOSED</b>   <b>President's Day</b></p>	<p><b>20</b></p> <p><b>Garden Burger</b>                      Whole Wheat Bun                      Lettuce, Tomato, Onion                      Cheddar Cheese                      ~Sweet Potato Fries                      *Steamed Broccoli                      Fresh Apple                      1% Milk  <b>VEG</b></p>	<p><b>21</b></p> <p><b>Chicken Fried Steak</b>                      Mashed Potatoes                      Country Gravy                      Green Beans &amp; Carrots                      *Pineapple                      Whole Wheat Roll                      1% Milk</p>	<p><b>22</b></p> <p><b>Polenta w/Meat Sauce</b>                      Cheesy Polenta                      Meat Sauce                      ~*Vegetable Medley                      ~*Melon Salad                      Garlic Bread                      1% Milk</p>	<p><b>23</b></p> <p><b>Navy Bean Soup w/Ham</b>                      ~Mixed Vegetables                      Hard Boiled Egg                      *Tangerine                      Cornbread                      Honey pkt                      1% Milk</p>
<p><b>26</b></p> <p><b>*Pepper Steak</b>                      Brown Rice                      ~Mixed Vegetables                      *Orange                      Whole Wheat Roll                      Butter                      1% Milk</p>	<p><b>27</b></p> <p><b>Fish Tacos</b>                      Cod, Baked &amp; Breaded                      Tortillas                      ~Peas &amp; Carrots                      Coleslaw                      Tartar Sauce                      Salsa                      *Pineapple                      1% Milk</p>	<p><b>28</b></p> <p><b>Chicken &amp; Waffles</b>                      Chicken Tender                      Waffle                      Maple Syrup                      ~*Mixed Veggies                      ~Cantaloupe                      Jello                      1% Chocolate Milk</p>	<p><b>29</b></p> <p><b>David's Chili</b>                      Shredded Cheese                      Baked Potato                      *Steamed Broccoli                      Fresh Apple                      Butter                      1% Milk</p>	

Lunch is served promptly at 11:30am.

Each meal meets 1/3 Daily Nutritional Requirement

