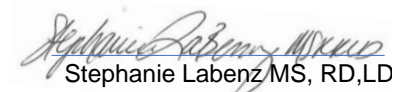


February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	To Cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us.		Catch of the Day (Cod) Diced Potatoes w/Onions California Blend Vegetables Fruit Cup Lemon Mousse	Meatball Sub Sandwich Sweet Potato Tots Tossed Salad w/ Dressing Blueberries
5	6	7	8	9
3 Bean Soup with Ham Brussels Sprouts Crackers Apricots	BBQ Pork on Bun Potato Casserole Coleslaw Strawberries	Italian Chicken Drumstick Mashed Potatoes & Gravy Country Trio Vegetables Berry Cup	Cook's Choice Chicken Parmesan Pasta Bake Broccoli Garlic Bread Mixed Fruit	Baked Crispy Fish Fillet Macaroni and Cheese Zucchini & Tomatoes Baked Spiced Fruit Cup
12	13	14	15	16
Beef & Bean Enchilada Shredded Lettuce Sour Cream Black Beans & Corn Salad Cinnamon Applesauce	Beef & Pepper Rice Bowls Green Beans w/Bacon Apple Tapioca Pudding	Cook's Choice Lemon Garlic Pork over Potatoes Corn Fruit Cocktail Brownie	Hamburger Steak & Gravy Mashed Potatoes Carrots Banana	Chicken Gumbo Soup Crackers Cheesy Broccoli & Cauliflower Peaches Extra Food Sent Out For 2/19
19	20	21	22	23
CLOSED For President's Day	Taco Casserole Tossed Salad w/ Dressing Mandarin Oranges	Sweet and Sour Chicken Rice Egg Roll Asian Coleslaw Cranberry Pears	Cheesy Tuna Casserole Seasonal Vegetable Apricots	Chicken & Rice Soup Broccoli Salad Crackers Strawberries
26	27	28	29	
Garlic Pork Roast Cheesy Mashed Potatoes Seasoned Brussels Sprouts Dinner Roll Blueberries	Twice Baked Chicken Breast Garlic & Basil Pasta Vegetable Blend Applesauce Chocolate Chip Cookie Bar	Philly Cheesesteak Bake Parslied Cauliflower Blush Cinnamon Pears Cake	BBQ Chicken Breast Baked Beans Carrots Peaches	

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


Stephanie Labenz MS, RD,LD