

## February 2022 menu

*\*Choice of seasonal fruits, dessert, salad/vegetables/sides and drinks are served with each meal, snacks are provided between meals*

*\*Resident may request for other option not on the menu based on pantry availability (Residents' Request = RR)*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Breakfast: Residents' choice  Ginger & Carrot soup & PB&J Sandwich with chips and fruit Dinner: Beef Stroganoff on noodles / veggies / salad	2 Breakfast: Residents' choice  Lunch: Sloppy Joes, crispy fries Meat loaf / asparagus / salad	3 Breakfast: Residents' choice  Lunch: soup / pear slices and cheese Dinner: chicken thigh meat & Vegetable	4 Breakfast: Residents' choice  Tuna Salad on lettuce / Cheese / fruit Dinner: Dennis' chili with cottage cheese, crackers	5 Breakfast: Residents' choice  Lunch: sandwiches with fruit Dinner: Broiled chicken, peas /brown rice salad
6 Breakfast: Residents' choice Lunch: homemade macaroni & cheese, fruit or RR Dinner: london broil and loaded sweet potatoes RR	7 Breakfast: Residents' choice Lunch: Grilled cheese toast with choice of soup or RR Dinner: Chicken enchiladas / rice and beans / salad	8 Breakfast: Residents' choice Lunch: Tempura Shrimp (COSTCO- clara one) with veggie side or fruit BBQ Beef stew / mashed potatoes	9 Breakfast: Residents' choice Lunch: Soup and peanut butter / jelly sandwich or sandwich choice RR Dinner: Crockpot swedish meatballs on egg noodles or RR	10 Breakfast: Residents' choice Lunch: Chicken salad on a bed of lettuce greens or RR Dinner: Pork chops with broccoli on rice or RR	11 Breakfast: Residents' choice Lunch: Pizza and fruit Dinner: chicken pot pie / fruit or RR	12 Breakfast: Residents' choice Lunch: Tuna & egg salad sandwich or RR Dinner: Meatloaf with baked potatoes and butter / green beans
13 Breakfast: Residents' choice Lunch: Grilled cheese sandwich with choice of soup or RR Dinner: Cheeseburgers, mixed vegetables or RR	14 Breakfast: Residents' choice Lunch: Egg salad sandwich or RR Dinner: CATER NIGHT- TBD	15 Breakfast: Residents' choice Lunch: Chicken pot pie / fruit slices and cheese Dinner: breaded catfish mashed potatoes veggy	16 Breakfast: Residents' choice Lunch: Sweet & sour shrimps or RR Dinner: Baked turkey and potatoes salad	17 Breakfast: Residents' choice Lunch: Pan fried teriyaki chicken or RR Dinner: Beef spagehetti & garlic bread / salad	18 Breakfast: Residents' choice Lunch: Grilled ham or turkey cheese sandwich or RR Dinner: salmon w potatoes and veggies and brown / wild rice	19 Breakfast: Residents' choice Lunch: Pizza and apple slices Dinner: Beef Brisket / cauliflower & garlic bread
20 Breakfast: Residents' choice Lunch: Soup and french fries Dinner: Broiled Chicken / mashed potatoes / veggies	21 Breakfast: Residents' choice Lunch: Egg salad sandwich and fruit Dinner: Crusted parmesan catfish / broccoli and salad	22 Breakfast: Residents' choice Lunch: cheeseburgers / fruit Dinner: Pork chops / asparagus / rice and salad	23 Breakfast: Residents' choice Lunch: Soup and sandwich choice fruit Dinner: Pot Roast / Potatoes / carrots / mashed potatoes	24 Breakfast: Residents' choice Lunch: Ham sandwich with chips and salsa or RR Dinner: Tacos and rice or RR	25 Breakfast: Residents' choice Lunch: Meatloaf French Fries or Tater Tots / Fruit Dinner: Pork loin (or beef) roast & sweet potatoes / Orange cauliflower	26 Breakfast: Residents' choice Lunch: Pizza and fruit Dinner: Salmon with Wild & Brown Rice & Sugar snap peas
27 Breakfast: Residents' choice Lunch: Egg salad sandwich or RR Dinner: chicken with stirfry veggies or RR	28 Breakfast: Residents' choice Lunch: Soup choice /crackers salad or RR Dinner: salmon and asparagus or mixed vegetables brown/wild rice					