

# NUTRITION MENU

# FEBRUARY 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Choose Menu choice A or B  
when making your reservation  
Call 419-242-9511 to make a reservation at least  
24 hrs. in advance of meal

**Food Allergy Reference List  
Available @ 419-382-5791**

A: Oven Fried Chicken **1**  
B: Ham & White Beans  
Whipped Sweet Potatoes  
Mixed Vegetables  
Multi Grain Bread  
Fruited Gelatin/Diet Gelatin  
Milk | Margarine

A: Beef Fiesta Macaroni **2**  
B: Chilaquiles Casserole  
Spinach  
Stewed Tomatoes  
Wheat Roll  
Apple Crisp/Hot Apples

A: Lemon Pepper Chicken **5**  
B: Teriyaki Meatballs  
Parslied Potatoes  
Brussels Sprouts  
Wheat Bread  
Fresh Fruit  
Milk | Margarine

A: Cranberry Dijon Chicken **6**  
B: Calypso Pork  
Au Gratin Rotini  
Mixed Vegetables  
Wheat Bread  
Fruit Cocktail  
Milk | Margarine

A: Beef Chili **7**  
B: BBQ Chicken Breast  
Baked Potato  
Green Peas  
Breadstick  
Pears  
Milk | Margarine

A: Sliced Turkey w/Gravy **8**  
B: Salisbury Patty w/Pepper Gravy  
Country Potatoes  
Capri Vegetables  
Wheat Roll  
Fruited Gelatin/Diet Gelatin  
Milk | Margarine

A: Beef & Bowtie Casserole **9**  
B: Pasta Primavera  
Green Beans & Red Peppers  
Sliced Carrots  
Garlic Texas Bread  
Birthday Cake  
Milk | Margarine

A: Meatballs w/Spaghetti Sauce **12**  
B: Chicken Parmesan  
Spaghetti Noodles  
Summer Vegetables  
Wheat Roll  
Pears  
Milk | Margarine

A: Taco Beef **13**  
B: Taco Chicken  
Lettuce/Tomato/Cheese  
Mexican Rice  
Refried Beans  
Flour Tortilla  
Fresh Fruit  
Milk | Taco Sauce | Sour Cream

**ASH WEDNESDAY MEAL 14**  
A: Macaroni & Cheese  
B: Beef Italian Macaroni  
Green Beans  
Parslied Carrots  
Garlic Texas Bread  
Fresh Fruit

**VALENTINE'S DAY MEAL 15**  
A: Meatloaf  
B: Garlic Rosemary Chicken  
Rosemary Potatoes  
Broccoli & Carrots  
Garlic Breadstick  
Black Forest Cake/Diet Cake

A: Ham & White Beans **16**  
B: Vegetable Bean Stew  
Tomato Spoon Relish  
Garden Vegetables  
Dinner Roll  
Cranapple Crisp/Hot Apple Slices  
Milk | Margarine

**CLOSED 19**

A: Ham Broccoli Rice Casserole **20**  
B: Savory Beef Patty  
Cabbage  
Zucchini & Tomatoes  
Multi Grain Bread  
Pineapple Tidbits

A: Creole Chicken **21**  
B: Sliced Turkey w/Gravy  
Macaroni & Cheese  
Italian Vegetables  
Wheat Bread  
Fruited Gelatin/Diet Gelatin  
Milk | Margarine

A: Glazed Ham **22**  
B: Chicken w/Chicken Gravy  
Succotash  
Glazed Carrots  
Cornbread  
Fresh Fruit  
Milk | Margarine

A: Beef Spaghetti Casserole **23**  
B: Spinach Lasagna  
Green Peas  
Texas Bread  
Peach Crisp/Hot Peaches  
Milk | Margarine

A: Sausage w/Onions & Peppers **26**  
B: Chicken Breast  
Brown Rice  
Spring Vegetables  
Hot Dog Bun/Hamburger Bun  
Fresh Fruit  
Milk

A: Cranberry Dijon Chicken **27**  
B: Creole Beef Patty  
Baked Sweet Potato  
Broccoli  
Wheat Bread  
Pears  
Milk | Margarine

A: Roast Beef w/Gravy **28**  
B: Creamy Paprika Chicken  
Whipped Potatoes  
Orange Carrots  
Wheat Bread  
Fresh Fruit  
Milk | Margarine