

February 2012

To access ingredient content, please call Site Manager at _____

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LS Alt= Low Sodium Alternate</p> <p>LF Alt=Low Fat Alternate</p> <p>(These items must be ordered ahead)</p>	<p>NCS Alt=No concentrated Sweet Alternate</p> <p>NSA=No sugar added</p> <p>DS: Dining Site Only</p> <p>HDM: Home Delivered Meal</p>	<p>1</p> <p>Beef Stew Steamed Broccoli Warm Spiced Peaches Cornbread</p>	<p>2</p> <p>Corned Beef/LS alt: Turkey Cabbage Carrots Fresh Orange Assorted Dinner Rolls Watergate Salad/NCS alt: NSA Pudding</p>	<p>3</p> <p>Breaded Pollock and Cheese Sandwich Baked Potato Coleslaw Apricots</p>
<p>6</p> <p>Turkey Burger on Bun Parsley Potatoes Warm Curried Fruit Apple Juice</p>	<p>7</p> <p>Chicken and Rice Casserole Scandinavian Vegetable Blend Broccoli Salad Fresh Apple Rye Bread Pumpkin Bar/NCS Alt: Cookie</p>	<p>8</p> <p>Swiss Steak Mashed Potatoes European Blend Vegetables Peach Pear Medley Sourdough Roll</p>	<p>9</p> <p>Creamy Ham Sauce over Fettuccine Noodles/LS alt: Creamy Chicken Sauce Italian Green Beans Carrot Salad Grape Juice Potato Roll Custard</p>	<p>10</p> <p>Beef Tips over Wild Rice Tossed Salad Maui Blend Vegetables Plums Whole Wheat Bread</p>
<p>13</p> <p>Veal Piccata Baked Potato Peaches Low Sodium V8 Juice Cracked Wheat Roll</p>	<p>14</p> <p><u>Valentine's Day</u> Stuffed Pepper String Cheese Mashed Potatoes Carrots Cracked Wheat Roll Grape Juice Sugar Cookie</p>	<p>15</p> <p>Baked Chicken Quarter Bread Stuffing Succotash Pineapple Tidbits Orange Juice Potato Roll</p>	<p>16</p> <p>Beef Tacos Tropical Fruit Salad</p>	<p>17</p> <p>Ham/LS alt: Turkey Breast Whipped Sweet Potatoes Green Beans Fresh Orange Multigrain Roll Pudding/NCS alt: NSA Pudding</p>
<p>20</p>  <p>PRESIDENTS' DAY ☆☆☆☆☆☆☆☆</p>	<p>21</p> <p>Breaded Chicken Breast and Swiss Cheese Sandwich DS: Cream of Broccoli Soup HDM: Mixed Vegetables Parsley Potatoes Pears</p>	<p>22</p> <p><u>Ash Wednesday</u> Macaroni and Cheese Stewed Tomatoes California Blend Vegetables Apricots Chocolate Elf Grahams</p>	<p>23</p> <p>Liver and Onions/LF alt: Roast Beef Mashed Potatoes Harvard Beets Apple Sourdough Roll Brownie/NCS alt: Cookie</p>	<p>24</p> <p><u>Lenten Friday</u> Tuna and Noodles Carrots Brussels Sprouts Mandarin Oranges Rye Bread Birthday Cake/NCS Alt: Angel Food Cake</p>
<p>27</p> <p>Pork Chop/Alt: Baked Chicken Breast Sweet Potatoes Sauerkraut Applesauce Cracked Wheat Roll</p>	<p>28</p> <p>Beef Stroganoff over Kluski Noodles Normandy Blend Vegetables Plums Apple Juice Potato Roll</p>	<p>29</p> <p>Chicken Salad over Bed of Lettuce DS: Minestrone Soup HDM: V8 Juice Tropical Fruit Assorted Rolls Chocolate Chip Cookie</p>		