

CONGREGATE MEAL MENU

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Lent starts February 14 th			February 1 BBQ Turkey & Cheese Flatbread Potato Salad Cantaloupe	February 2 Cheese Ravioli Alfredo Broccoli Side Salad w/Dressing Bread w/Margarine Vanilla Pudding
February 5 Orange Chicken Stir Fry Vegetable Blend Vegetable Fried Rice Bread w/Margarine Diced Pineapple	February 6 Chicken BLT Salad Salad Greens w/Dressing Bread w/Margarine Fresh Fruit Salad	February 7 Spaghetti with Meatballs Broccoli Side Salad w/Dressing Jell-O	February 8 Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe	February 9 Italian Asiago Stuffed Gnocchi Carrots Cauliflower Bread w/Margarine Greek Yoghurt
February 12 Maple Glazed Pork w/Cider Gravy Sweet Potato Cubes Brussels Sprouts Bread w/Margarine Oatmeal Cookie	February 13 Ham Salad Sandwich Broccoli Slaw Fresh Grapes	February 14 Tri-Color Tortellini w/Sauce Mediterranean Vegetable Blend Bread w/Margarine Fresh Orange	February 15 Pub Steakburger Broccoli w/Ranch Dip Stuffed Pepper Soup Ketchup Chocolate Pudding	February 16 Cheese Ravioli w/Sauce Buttered Winter Vegetable Blend Bread w/Margarine Mandarin Oranges
February 19 Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Bread w/Margarine Fresh Pear Chocolate Chip Cookie	February 20 Italian Sub Tossed Salad w/Dressing Fresh Apple	February 21 Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango Sugar Cookie	February 22 Stuffed Pepper Steamed Broccoli Roasted Red Peppers Bread w/Margarine Pound Cake	February 23 Mojo Marinated Cod Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Fresh Clementine
February 26 Chicken Alfredo Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie	February 27 Classic Cobb Salad Salad Greens w/Dressing Bread w/Margarine Fresh Orange	February 28 Firehouse Chili Broccoli Carrots Bread w/Margarine Cantaloupe Saltine Crackers	February 29 Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread w/Margarine Greek Yoghurt	

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.

