



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	A-Hunan Style Tofu B-Curry Chicken Lima Beans Broccoli and Carrots Texas Bread Fresh Fruit	2	A-Chicken Marsala B-Beef with Brown Gravy Baked Sweet Potato Green Beans Texas Bread Applesauce	3	A-Cheese Omelet B-Apricot Chicken Seasoned Black Beans Stewed Tomatoes Wheat Bread Grape Juice
6	A-Coconut Chicken B-Soy Ginger Beef Brown Rice Catalina Vegetables Wheat Bread Fresh Fruit	7	A-Turkey and White Beans B-Beef Stronganoff Parslied Carrots Diced Beets Wheat Bread Cinnamon Swirl Pudding	8	A-Pork Carnitas B-Chicken Fajita Pinto Beans Herbed Green Beans Wheat Tortilla Fruited Lime Gelatin Taco Sauce	9	A-Lemon Caper Chicken B-Swiss Steak Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Margarine	10	<i>Cold Meal</i> A-Egg Salad B-Yogurt Dill Chicken Salad Quinoa Pepper Salad Pasta Salad Saltine Crackers Cranberry Juice
13	A-Salisbury Beef with Brown Gravy B-Pesto Diced Chicken Brown Rice Florentine Parmesan Tomatoes Wheat Bread Fresh Fruit	14	Valentine's Day Honey Baked Chicken Penne Noodles Broccoli Dinner Roll Nutty Buddy Bar	15	A-John Yocum's Lemon Pepper Fish B-BBQ Pork Rib Patty Corn Casserole Lemon Zest Broccoli Texas Bread Fresh Orange	16	A-Pork Loin with Onion Gravy B-Breaded Chicken with Gravy Northern Beans Herbed Green Beans Dinner Roll Fruited Cherry Gelatin	17	A-Balsamic Brown Sugar Chicken B-Three Cheese Ziti Green Peas Glazed Carrots Texas Bread Grape Juice
20	<p>Closed – No Delivery</p>	21	A-Suellen's Baked Chicken with Gravy B-Beef with Brown Gravy Mushroom Farro Risotto Seasoned Cabbage Wheat Bread Fresh Fruit	22	Ash Wednesday Fish Nuggets Oven Roasted Potatoes Herbed Green Peas Dinner Roll Chocolate Swirl Pudding	23	A-Beef Chili with Beans B-Chicken Chili Brown Rice Catalina Vegetables Saltine Crackers Grape Juice	24	Lent Spinach Macaroni and Cheese Broccoli Garlic Parmesan Cauliflower Wheat Bread Fruited Cherry Gelatin
27	A-Bechamel Chicken Meatballs B-Beef Burgundy Lemon Herb Pasta Peas and Carrots Wheat Bread Fresh Fruit	28	A-Citrus Pork B-Honey Baked Chicken Whipped Potatoes with Skins Brussels Sprouts Dinner Roll Fresh Orange				<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal.</p>	<p> - Vegetarian Entrée</p> <p> ≥ 1000mg Sodium</p>	

Sarah Hutsler, RD, LD 6/17/22

Sarah Hutsler, RD, LD #DT81463 7/18/09