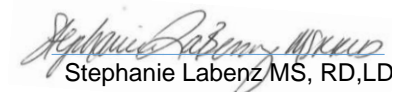


February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	TO RESERVE OR CANCEL A MEAL CALL 641-792-7102 Toll Free 1-866-942-7102		Smothered Pork Chop Cheesy Texas Potatoes 2 Lima Beans 1 Apricots 1	Cook's Choice Minestrone Soup Peas Mixed Fruit Mandarin Oranges Crackers
5	6	7	8	9
Lasagna 1.5 Mixed Vegetables 1 Applesauce 1 Orange 1 Garlic Bread 1	Taco Soup 1 Spinach Salad Crackers 1 Pineapple 1 Chocolate Chip Cookie 1.5	Chicken Patty on Bun 2 Beets Potato Salad 1/5 Plums 1 Vanilla Pudding 1	Salmon Creamy Potatoes 1.5 Peas .5 Banana 2 Cherry Dump Cake 1.5	Meatballs Mashed Potatoes & Gravy 1 Asparagus Pears 1 Blueberry Muffin 1.5
12	13	14	15	16
BBQ Beef on Bun 1.5 Candied Sweet Potatoes 2 Lettuce Salad Peaches 1 Fruited Yogurt 1	Turkey Divan 2 Mashed Potatoes 1 Peas 1 Cake 1 Strawberries 1	Crispy Fish Party Potatoes 1 Brussels Sprouts Garlic Toast 1 Vanilla Fruit Salad 1.5	Herb Baked Chicken Parmesan Potato 1 Tuscan Blend Vegetables Apricots 1	Beef Macaroni & Cheese 1 Stewed Tomatoes .5 Broccoli Orange 1 Banana Bar 1
19	20	21	22	23
PRESIDENT'S DAY	Cook's Choice Breakfast Casserole Tri Tators Tomatoes Muffin Banana	Meatloaf Mashed Potatoes & Gravy 1 Peas 1 Strawberries 1 Cookie 2	Scalloped Potatoes 2 w/ Turkey Ham Asparagus Plums 1 Cake 1	Chili 1.5 Corn 1 Crackers 1 Peaches 1 Berry Crisp 2
CLOSED				
26	27	28		
Baked Potato w/ 1.5 Turkey Ham Cheese Sauce Broccoli Tropical Fruit 1 Pistachio Salad 1	Beef & Noodles 1.5 Asparagus Carrots Pears 1 Granola Bar 1	Fish Sandwich Scalloped Corn Coleslaw Strawberries 1 Peanut Butter Cookie		

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days do not have carbohydrate count labeled.


Stephanie Labenz MS, RD,LD