

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Happy Birthday Leap Year Babies!	1 Birthday Grilled Chicken Breast or Thighs Spinach Fettuccini with Alfredo Sauce Key West Vegetable Blend	2 Chili Con Carne with cheese Cornbread Peaches	3 Baked Fish with orange sauce Stir Fry veggies on Brown Rice 362 calories / 5 grams fat	4 Breakfast 7:00 a.m. to 12:30 p.m. Ala Carte Sandwiches
5 Beef Roast Mashed Potatoes Gravy Cauliflower	6 Betty's Day Goulash Multi Grain Bread Cottage Cheese Fruit Cup	7 Baked Stuffed Veal Green Beans with Tarragon butter	8 Meatloaf Mashed Potatoes Gravy Corn	9  Duck Burger Chips Cole Slaw	10 BBQ Chicken Pieces Baked Sweet Potatoes Spinach 298 calories / 5 Grams fat	11 Breakfast 7:00 a.m. to 12:30 p.m. Ala Carte Sandwiches
12 Peach Pork Roast Scalloped Potatoes Sweet and Sour Red Cabbage Apple Sauce	13 Swedish Meatballs over Pasta Stewed Tomatoes with Croutons	14 Valentine's Day BBQ Chicken Breast or Thighs Baked Macaroni and Cheese Winter Blend Vegetables	15 Turkey Salad Stuffed Pita with Tomato & Lettuce Vegetable Chips Broccoli Salad	16 Pork Tenderloin with fruit chutney Boiled Potatoes Brussels Sprouts	17 Ranch Chicken County Style Potatoes Normandy Blend Beans 390 calories / 16 grams fat	18 Breakfast 7:00 a.m. to 12:30 p.m. Ala Carte Sandwiches
19 BBQ Baby Back Ribs Baked Potato Cucumber Salad Green Bean Blend	20 Ginger Chicken Asian Vegetable Mix Garlic Noodles	21 Liver and Onions Mashed Potatoes Gravy Parisian Carrots	22 Ash Wednesday Ham Slices or Baked Cod Au gratin Potatoes Broccoli	23 Beef Tips over Pasta Peas and Carrots Fruit Cup	24 1st Friday in Lent Lunch Served at 11:30 Shrimp Orzo (Pasta) with Feta Green Beans Oil & Vinegar Coleslaw 406 calories / 12 grams fat	25 Breakfast 7:00 a.m. to 12:30 p.m. Ala Carte Sandwiches
26 Seasoned Breaded or Un-breaded Chicken Breast Stuffing & Gravy Broccoli	27 Open Faced Turkey Sandwich Mashed Potatoes Riviera Vegetable Blend	28 Pork Chop Sauerkraut Boiled Potatoes Carrots Peach Cup	29 End of Month Special— \$2.00 Chicken Noodle or 15 Bean Soup and Ham or Egg Salad Sandwich	 <p style="text-align: center;">Please remember to scan in AND out when you visit the Center. Your help is appreciated.</p>		