

CRW Elder Services - February 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	
	STUFFED BREADED CHICKEN BREAST STUFFED w/SAGE STUFFING, w/L.S. MUSHROOM GRAVY, WHIPPED POTATO, WINTER BLEND VEG., LIGHT RYE BREAD w/MARGARINE, FRESH ORANGE *HIGH SODIUM*	CHEESE STUFFED SHELLS w/MEAT SAUCE, SLICED CARROTS, BUTTERNUT SQUASH, DINNER ROLL w/MARGARINE, PINEAPPLE CHUNKS	ROASTED TURKEY w/LS GRAVY, CRANBERRY SAUCE, SWEET POTATO, SPINACH, MULTIGRAIN WHEAT BREAD w/MARGARINE, CHOCOLATE PUDDING	SALISBURY STEAK w/LS GRAVY, WHIPPED POTATOES, WHEAT BREAD w/MARGARINE, CHILLED FRUIT COCKTAIL, HDM: MIXED VEGETABLES CONG: TOMATO SOUP	BREADED FILET OF FISH w/TARTAR SAUCE PKT., AUGRATIN POTATOES, GREEN BEANS, WHEAT BREAD w/MARGARINE, CRANBERRY ORANGE MUFFIN	
	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	
	STUFFED PEPPERS, SPAGHETTI w/TOMATO SAUCE, BROCCOLI, SCALI BREAD w/MARGARINE, FRESH APPLE	SLICED HAM w/PINEAPPLE RAISIN SAUCE, ROASTED POTATOES, GREEN BEANS, WHEAT BREAD w/MARGARINE, PEACH CUP, *HIGH SODIUM*	*FLORENTINE FISH* w/LEMON WEDGES, RICE PILAF, ITAL. BLEND VEGGIES, WHEAT BREAD w/MARGARINE, PINEAPPLE TIDBITS	HAPPY VALENTINE'S DAY ROAST PORK DINNER, ORIENTAL MIXED VEGETABLES, SWEET POTATOES, MULTIGRAIN WHEAT BREAD w/MARGARINE, STRAWBERRY SHORTCAKE	PRESIDENTS DAY MEAL BAKED HERB CHICKEN, w/L.S. GRAVY DEL MONACO POTATOES, ASPARAGUS SPEARS, OATMEAL ROLL w/MARGARINE, <u>APPLE TURNOVER</u>	
	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	
	PRESIDENTS DAY HOLIDAY <i>NO MEALS</i>	VEAL CUTLET w/TOM SAUCE & CHEESE, BOW TIE PASTA, CALIFORNIA BLEND VEGETABLES, WHEAT BREAD w/ MARGARINE, FRESH APPLE	*BAKED SCALLOPS* w/LEMON SAUCE, ROASTED POTATOES, CRINKLE CUT CARROTS, MULTIGRAIN WHEAT w/MARGARINE, *LEMON GRAHAM COOKIE*	SWEET & SOUR CHICKEN, CUT CORN w/ DICED MIXED PEPPERS, WHIP POTATO, DINNER ROLL w/MARGARINE, FRESH TANGERINE	MACARONI & CHEESE SPINACH, GREEN PEAS, WHEAT DINNER ROLL w/MARGARINE, HAPPY BIRTHDAY CAKE w/WHIP TOPPING *HIGH SODIUM*	
	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	
	ROASTED CHICKEN, w/L.S. GRAVY ROASTED POTATOES, WINTER SQUASH, MULTIGRAIN BREAD w/MARGARINE, FRESH ORANGE	CHEESE LASAGNA w/MEAT SAUCE, SPINACH, DICED CARROTS, WHEAT BREAD w/MARGARINE, CHERRY TURNOVER	MEATLOAF w/LS GRAVY, WHIPPED POTATOES, GREEN PEAS, WHEAT BREAD w/MARGARINE, SLICED PEACHES	ROAST PORK w/LS GRAVY, SWEET POTATO, GREEN BEANS, LIGHT RYE BREAD w/MARGARINE APPLESAUCE	*PIER 17 FISH* w/TARTAR SAUCE, WHIPPED POTATOES, DICED CARROTS, WHEAT BREAD w/MARGARINE, DICED PEARS	

NOTE: MILK IS SERVED WITH ALL MEALS.