

Senior Living Menu February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast			1st French toast, bacon, toast, choice of hot or cold cereal	2nd Scrambled eggs, breakfast ham slice, toast, choice of hot or cold cereal	3rd Egg of choice, sausage patty, toast, choice of hot or cold cereal	4th Waffles, sausage patty, choice of hot or cold cereal
5th Egg of choice, sausage patty, toast, choice of hot or cold cereal	6th Blueberry pancake, bacon, choice of hot or cold cereal	7th Sausage gravy, biscuit, choice of hot or cold cereal	8th Egg of choice, sausage patty, toast, choice of hot or cold cereal	9th Breakfast casserole, toast, choice of hot or cold cereal	10th French toast, sausage patty, choice of hot or cold cereal	11th Waffles, sausage patty, choice of hot or cold cereal
12th Egg of choice, sausage patty, breakfast muffin, choice of hot or cold cereal	13th Scrambled eggs, bacon, banana bread, choice of hot or cold cereal	14th Sausage gravy, biscuit, choice of hot or cold cereal	15th Egg of choice, sausage patty, toast, choice of hot or cold cereal	16th Pancakes, sausage patty, choice of hot or cold cereal	17th Egg of choice, sliced baked ham, raisin toast, choice of hot or cold cereal	18th Scrambled eggs, sausage patty, toast, choice of hot or cold cereal
19th Scrambled egg, sausage patty, toast, choice of hot or cold cereal	20th Scrambled egg, bacon, breakfast muffin, choice of hot or cold cereal	21st Sausage gravy, biscuit, choice of hot or cold cereal	22nd Pancakes, sausage patty, choice of hot or cold cereal	23rd Denver scramble, sausage patty, toast, choice of hot or cold cereal	24th Egg of choice, sliced baked ham, toast, choice of hot or cold cereal	25th Scrambled egg, sausage patty, biscuit, choice of hot or cold cereal
26th Egg of choice, sausage patty, coffee cake, choice of hot or cold cereal	27th Pancakes, sausage patty, choice of hot or cold cereal	28th Sausage gravy, biscuit, choice of hot or cold cereal				

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Lunch			1st Baked ham, au gratin potatoes, Brussel sprouts	2nd Hamburger or cheeseburger, coleslaw, baked French fries	3rd Breaded fish sandwich, cheesy rice, creamed spinach	4th Beef steak w/gravy, rice pilaf, vegetable blend
5th Chicken fried chicken breast, mashed potatoes & gravy, buttered corn	6th Brown sugar mustard glazed smoked sausage, buttered cabbage, garlic red roasted potatoes	7th Beef pepper steak, glazed sweet potatoes, seasoned cabbage, roll	8th Bean w/ham soup, fried potatoes, cornbread	9th Chicken & dumplings, glazed carrots, roll	10th Fish of the day, cheesy noodles, creamy coleslaw	11th Salisbury steak, mashed potatoes & gravy, steamed broccoli, roll
12th Honey glazed ham, baked sweet potato, parslid cauliflower, roll	13th BBQ pork riblet sandwich, buttered cauliflower, brown rice	14th Fried chicken, scalloped potatoes, glazed carrots, cheesecake	15th Stuffed peppers, garlic red roasted potatoes	16th Homemade meatloaf, glazed baby carrots, country mashed potatoes	17th Baked fish, cheesy noodles, green peas	18th Beef stew, sauteed zucchini & onions, roll
19th Swedish meatballs, brown rice, broccoli & cauliflower, roll	20th Honey glazed pork loin, roasted vegetables, scalloped potatoes, roll	21st Toasted ravioli w/marinara sauce, buttered peas, garlic bread	22nd Herb roasted chicken, creamed potatoes, seasoned green beans	23rd Roast beef, braised carrots, potatoes & onions, roll	24th Lemon baked fish, buttered rice, steamed vegetables	25th Fried chicken, buttered corn, baked macaroni & cheese, cornbread
26th BBQ pork, baked beans, confetti corn, cornbread	27th Chicken & dumplings, steamed carrots, roll	28th Beef tips in gravy, buttered noodles, Italian blend vegetables, roll				

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Supper			1st Aloha chicken, baked potato, buttered green beans	2nd Meatloaf, mashed potatoes & gravy, garlic green beans	3rd Pizza, Caesar salad, garlic breadstick	4th Sweet & sour chicken, steamed vegetables, white rice
5th Cream of tomato soup, hot ham & cheese sandwich, country style tomatoes	6th Homemade chili, side salad w/dressing, cornbread	7th Chicken enchiladas, refried beans, Mexican rice	8th Sloppy joes on bun, mashed garlic cauliflower, capri vegetables	9th Baked ziti, tossed salad/dressing, garlic breadstick	10th Classic patty melt, green beans	11th Chicken pot pie, mixed vegetables
12th French dip beef sandwich, potato chips, buttered corn	13th BLT sandwich, chips, chopped tossed salad	14th Creamy chicken spaghetti, California blend vegetables	15th Baked pork chop, herb stuffing, buttered carrots	16th Classic club sandwich, baked sweet potato fries	17th Grilled chicken breast sandwich, onion rings	18th Homemade lasagna, buttered Italian blend vegetables, garlic bread
19th Chicken salad sandwich, potato chips, side salad w/dressing	20th Beef soft tacos, refried beans, corn w/red peppers	21st Fried bologna & cheese sandwich, stewed tomatoes, garden pasta salad	22nd Polish sausage, sauerkraut, garlic red roasted potatoes	23rd Country fried steak w/gravy, buttered noodles, mixed vegetables	24th Pulled pork sandwich, French fries, coleslaw	25th BBQ burger on bun, onion rings
26th Tomato soup, grilled ham & cheese sandwich, side salad w/dressing	27th Reuben sandwich, dill pickle spear, French fries	28th Beef taco salad, refried beans				