





## February 2012 Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Oatmeal/Raisins & Orange Juice/ Chicken Sandwich on Wheat Bread, Marinated Vegetable Salad, Chunky Fruit Salad/ Cream of Tomato Soup, Vegetarian Quiche, Roasted Potatoes, Wheat Roll Apple	Oatmeal/Raisins & Orange-Pine Juice/ Egg Salad Sandwich on Wheat Bread, Pineapple Chunks, Pasta Salad/ Baked Meatloaf w/Gravy, Mashed Potatoes, California Blend Vegetables, Wheat Roll Assorted Pudding  Diet: Diet Pudding	Oatmeal/Raisins & Orange Juice/ Beef & Bean Burrito, Tropical Fruit Mix, Mexicorn Salad/ Fish w/Mango Sauce, Green Rice, Carrots, Wheat Roll Fresh Fruit
6	7	8	9	10
Oatmeal/Raisins & Orange Juice/ Tuna Salad on Wheat Bread, String Cheese, Fruit Cup, Pea Salad/ Beef Pot Roast w/Gravy, Mashed Potatoes, Broccoli, Wheat Roll Lemon Pudding Diet: Diet Lemon Pudding	Oatmeal/Raisins & Orange-Pine Juice/ Roast Beef Sandwich on Wheat Cheese Portion, Mandarin Oranges, Potato Salad/ Chicken w/Herb Gravy, Orzo w/Vegetables, Peas & Carrots, Wheat Roll Yogurt  Diet: Apple	Oatmeal & Grape Juice/ Turkey Sandwich on Wheat Bread, Pears, Carrot Raisin Salad/ Broccoli Frittata, Potato O'Brien, Oregon Blend Vegetables, Wheat Roll Yogurt/Graham Crackers Diet: Diet Cookies	Oatmeal & Pineapple Juice/ Hamburger on Whole Wheat Bun, Orange, Coleslaw Salad/ Spaghetti w/Meatballs & Marinara Sauce, Italian Blend Vegetables, Wheat Roll Chocolate Chip Cookie Diet: Diet Cookies	Oatmeal/Raisins & Orange-Pine Juice/ Chicken Patty on Wheat Bread, Apple, Macaroni Salad/ Pork Chili Verde, Black Beans, Spinach, Flour Tortilla Egg Custard Diet: Diet Custard
13	14	15	16	17
Oatmeal/Raisins & Grape Juice/ Meatloaf Sandwich on Wheat Bread, String Cheese, Orange, Potato Salad/ Fish Vera Cruz, Rice Pilaf, Peas & Carrots, Wheat Roll Lemon Pudding Diet: Diet Cookies	Oatmeal/Raisins & Orange Juice/ Egg Salad Sandwich on Wheat Bread, Cheese Portion, Pineapple Tidbits, Pasta Salad/ Stuffed Pepper, Mashed Potatoes, California Blend Vegetable, Parkerhouse Roll Yogurt/Fig Bar  Diet: Fresh Fruit	Oatmeal & Orange-Pine Juice/ Pork Patty Sandwich on Wheat Bun, Canned Apricots, Pea Salad/ Chili Con Carne w/Onion & Shredded Cheese, Green Beans, Mixed Vegetables, Corn Muffin Oatmeal Cookie Diet: Diet Cookies	Oatmeal/Raisins & Orange Juice/ Bean & Beef Burrito, Apple, Mexicorn Salad, Fruited Muffin/ Chicken Fricasse, Brown Rice, Winter Blend Vegetables, Wheat Roll Mandarin Oranges 	Oatmeal/Raisins & Pineapple Juice/ Chicken Cheese Sandwich on Wheat Bread, Orange, Coleslaw Salad/ Roast Beef w/Gravy, Baby Baker Potatoes, Whole Baby Carrots, Wheat Roll Apple Crisp Diet: Diet Apple Crisp

Suggested Donation is \$4.50 per day.

TURN OVER 