

February 2023

Monday

Tuesday

Wednesday

Thursday

Friday

- Due to National Supply Issues -
Menus are Subject to Change.

Elderly Nutrition Program
725-2791
for information or meal reservations
(Call by 12:30pm a day in advance)

1
Chicken Broccoli Casserole over Rice
Diced Beets
Applesauce
Donut

2
Scalloped Potatoes with Ham
Corn
Warm Spiced Peaches
Wheat Dinner Roll
Tapioca Pudding

3
Salisbury Steak in Gravy
Glazed Yams
Seasoned Black Beans
Pineapple
Wheat Bread
Yellow Cake

6
Beef Patty with Mushroom Gravy
Steamed Broccoli
Scalloped Tomatoes
Sunshine Fruit Salad
Wheat Bread
Peanut Butter Cookie

7
Chicken with Gravy
Mashed Potatoes
Dilled Carrots
Diced Pears
Wheat Dinner Roll
Raisin Rice Pudding

8
Chicken ala King over Biscuit
Romaine Salad
Salad Dressing
Mixed Fruit
Warm Apple Betty

9
Kansas City Riblet
Potatoes au Gratin
Green Beans
Tropical Fruit Salad
Wheat Dinner Roll
Blueberry Crumble Bar

10
Bratwurst
Wheat Bun
Vegetarian Baked Beans
Parslied Red Potatoes
Apple Slices
Lemon Fluff

13
Sweet and Sour Chicken over Rice
Capri Vegetables
Sesame Broccoli Salad
Mandarin Oranges with Pineapple
Fortune Cookie

14
Shredded BBQ Pork
Wheat Bun
Cheesy Potatoes
Creamy Coleslaw
Warm Cinnamon Applesauce
Valentine's Swirl Cake

15
Swedish Meatballs over Pasta
Diced Carrots
Three Bean Salad
Peaches
Vanilla Pudding

16
Hamburger au Jus
Redskin Potatoes
Baked Beans
Mixed Fruit
Wheat Bread
Oatmeal Raisin Cookie

17
Chicken Tetrizzini
Spinach Salad
Salad Dressing
Marinated Tomato Salad
Blueberry Buckle

20
Swiss Steak in Tomato Gravy
Herbed Red Potatoes
Green Beans
Tropical Fruit Salad
Wheat Bread
Cinnamon Cake

21
Chicken Marsala
Stewed Tomatoes
Brown Rice & Lentils
Romaine Salad
Salad Dressing
Apples with Granola

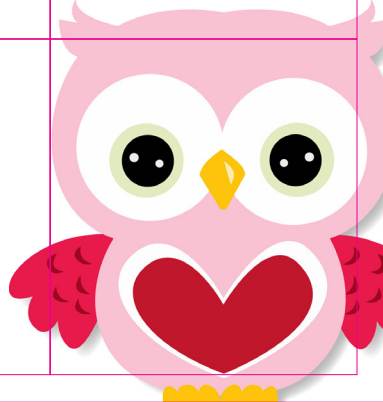
22
Old Fashioned Egg Salad
Wheat Bun
Peas
Diced Carrots
Peach Cobbler

23
BBQ Chicken Breast
Seasoned Pinto Beans
Steamed Broccoli
Mixed Fruit
Cornbread
Sugar Cookie

24
Cheese Omelet
Maple Roasted Sweet Potatoes
Warm Applesauce
Fresh Orange
Blueberry Muffin

27
Roasted Turkey in Gravy
Hubbard Squash
Green Beans
Cranberry Sauce
Wheat Bread
Donut Holes

28
Ketchup Meatloaf
Mashed Potatoes
Corn
Spinach Salad
Salad Dressing
Wheat Dinner Roll
Chocolate Chip Cookie





Nutrition Program

725-2791

for information or meal reservations
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Winnebago County

Weekend Meals

February 2023

February 4th

Chef's Choice

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Orange, and Dessert

February 5th

BBQ Chicken Breast
Homemade Mac and Cheese
Cinnamon Apples

February 11th

Chicken Pot Pie over Biscuit
Diced Carrots
Mixed Fruit Compote

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Apple, and Dessert

February 12th

Cheese Omelet
Roasted Potatoes with Peppers and Onions
Apple Granola

February 18th

Turkey with Gravy
Mashed Potatoes
Green Beans Almondine

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Orange, and Dessert

February 19th

Cheese Tortellini with Alfredo Sauce
Broccoli
Diced Carrots

February 25th

Crispy Chicken with Gravy
Tater Puffs
Green Beans

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Apple, and Dessert

February 26th

Kansas City Riblet
Brown Sugar Mashed Potatoes
Baked Beans