


PENDER ADULT SERVICES MENU - February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chef Salad with Chicken Strips Potato Salad Fresh Orange/Granola Bar Crackers 2 % Milk
			1 Baked Pork Chop Sweet Potato Casserole California Blend Vegetables Strawberries White/Wheat Roll/Margarine 2 % Milk	2 2 % Milk
5 Breaded Veal Patty Penne Pasta/Red Sauce Tuscan Vegetable Blend Applesauce Garlic Cheddar Biscuit 2% Milk	6 Cheese Burger Steak Fries Coleslaw Pears Mayo/Ketchup 2 % Milk	7 Mango Chicken Rice Pilaf Baby Carrots Mandarin Oranges Egg Roll 2 % Milk	7 Vegetable Lasagna Tossed Salad/Dressing Tropical Fruit Mix Garlic Breadstick 2 % Milk	8 Tomato Soup Pimento Cheese Sandwich California Pasta Salad Oyster Crackers Banana 2% Milk
12 BBQ Pork Boiled Potatoes Steamed Cabbage Pineapple Tidbits White/Wheat Roll/Margarine 2% Milk	13 Beef Tips w/Mushroom Gravy Buttered Noodles Green Peas Mixed Fruit White/Wheat Roll/Margarine 2 % Milk	14 Baked Fish Potato Wedge California Blend Vegetables Sliced Strawberries Cornbread Muffin 2 % Milk	14 Chicken and Pastry Broccoli Peaches Biscuit/Margarine 2 % Milk	15 Vegetable Soup Turkey and Cheese Sandwich Crackers Fruit Cup Cookie 2 % Milk
19 CLOSED FOR 	20 Swedish Meatballs Brown Rice Yellow Squash/Onions Tropical Fruit Mix Biscuit/Margarine 2 % Milk	21 Turkey Hot Dog Baked Beans Coleslaw Pineapple Tidbits Bun (for hot dog) 2 % Milk	22 Smoked Sausage Macaroni and Cheese Mixed Greens Pears White/Wheat Roll/Margarine 2 % Milk	23 Beef Chili PBI Sandwich Tossed Vegetable Salad Banana Crackers 2 % Milk
26 Meatloaf Mashed Potatoes/Gravy Corn Peaches White/Wheat Roll/Margarine 2% Milk	27 Baked Turkey Stuffing Catalina Blend Vegetables Sliced Strawberries White/Wheat Roll/Margarine 2% Milk	28 BBQ Chicken Sweet Potato Tots Mixed Vegetables Fruit Cobbler Biscuit/Margarine 2% Milk	28 Approved by: <i>Kathleen Skelton, RD, RDV</i>	23 Casserole - 6 oz Veg/Fruit - 1/2 c Season with marg or veg oil Bread - 1 each