PENDER ADULT SERVICES MENU - February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chef Salad with Chicken Strips Potato Salad Fresh Orange/Granola Bar Crackers 2 % Milk
readed Veal Patty enne Pasta/Red Sauce uscan Vegetable Blend pplesauce /W Roll/Margarine % Milk	5 Cheese Burger Hash Brown Patty Coleslaw Fruit Salad Mayo/Ketchup 2 % Milk	6 Baked Fish Potato Wedge California Blend Vegetables Sliced Strawberries Cornbread Muffin 2 % Milk	7 Vegetable Lasagna Tossed Salad/Dressing Tropical Fruit Mix Garlic Breadstick 2 % Milk	8 Tomato Soup Pimento Cheese Sandwich Pasta Salad Oyster Crackers Banana 2% Milk
11 lango Chicken ice Pilaf landarin Blend Vegetables neapple Tidbits gg Roll % Mik	12 Beef Tips w/Mushroom Gravy Buttered Noodles Steamed Spinach Mixed Fruit White/Wheat Roll/Margarine 2 % Milk	13 BBQ Pork Boiled Potatoes Steamed Cabbage Mandarin Oranges WW Roll/Margaine 2 % Milk	14 Chicken and Pastry Baby Carrots Peaches Biscuit/Margarine 2 % Milk	15 Cream of Broccoli Soup Turkey and Cheese Sandwich Crackers Fruit Cup 2 % Milk
18 **CLOSED FOR** 	19 Swedish Meatballs/Gravy Brown Rice Yellow Squash/Onions Tropical Fruit Mix Biscuit/Margarine 2 % Milk	20 Turkey Hot Dog Baked Beans Coleslaw Pineapple Tidbits Bun (for hot dog) 2 % Milk	21 Stuffed Peppers Corn Fruit Cup/Cookie WW Roll/Margarine 2 % Milk	22 Chicken Salad / Croissant Potato Salad Tomato Juice Banana Cookie 2 % Milk
25 noked Sausage acaroni and Cheese ixed Greens ears W Roll/Margarine % Milk	26 Baked Turkey Mashed Potatoes/Gravy Broccoli Sliced Strawberries Biscuit/Margarine 2% Milk	27 Bourbon Chicken Sweet Potato Tots California Blend Vegetables Fruit Cobbler WW Roll/Margaine 2% Milk	28 Meatloaf Mashed Potatoes/Gravy Mixed Vegetables Peaches Biscuit/Margarine 2% Milk	Casserole - 6 oz Veg/Fruit - 1/2 c Season with marg or veg oil Bread - 1 each Kathleen Hedonia, RD, LDN