



















FEBRUARY 2022 MENU

	Monday 00	Tuesday 01	Wednesday 02	Thursday 03	Friday 04	Saturday 05	Sunday 06
Breakfast		Sausage Breakfast Casserole w/ Fruit	 pancake Saturday Strawberry Pancakes w/ Sausages	 THE CEREAL BAR Fruit & Bacon	Avocado Toast w/ Fried Eggs & Fruit	Breakfast Burritos & Fruit	Brown Sugar Oatmeal w/ Strawberries
Snack		Smoothies	Dried Fruit	Yogurt	Applesauce	Fruit Cups	Apples & Honey
Lunch		 Soup & Salad Tomato & Bean Salad	Veggie Burgers w/ Sweet Potato Fries & Fruit	Grilled Peanut Butter & Jelly w/ Fruit	Deli Sandwiches w/ Chips & Fruit	Beef Quesadillas w/ Rice & Beans	Macaroni & Cheese w/ Green Beans & Fruit
Snack		Hummus & Veggies	 NATIONAL POPCORN DAY	Olives & Cheese		Veggies/Lays & French Onion Dip	Chex Mix & Protein Bars
Who's Cooking:							
Dinner		 TACO TUESDAY Steak Tacos w/ Rice & Beans	Ratatouille w/ Fruit Salad	California Grilled Chicken & Asparagus w/ Mashed Potatoes	 BBQ Ribs & Baked Potatoes w/ Collard Greens	 Caribbean Night Jerk Chicken w/ Rice & Vegetables	 LEFTOVERS
Desert		 FRIED ICE CREAM	 Cupcakes AND CONFECTIONS	 ICE CREAM Social	 COOKIEZ	 Brownies	 Pie

PREP NEEDS FOR LATER	Defrost meats needed for tomorrow *See Recipe Binder	Defrost meats needed for tomorrow *See Recipe Binder	Defrost meats needed for tomorrow *See Recipe Binder	Defrost meats needed for tomorrow *See Recipe Binder	Defrost meats needed for tomorrow *See Recipe Binder	Defrost meats needed for tomorrow *See Recipe Binder	Defrost meats needed for tomorrow *See Recipe Binder
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Note: * Fruit, snacks and various drinks are available throughout the day. Alternative meals available upon request.




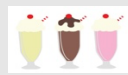




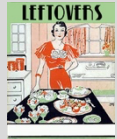







FEBRUARY 2022 MENU

	Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10	Saturday 11	Sunday 12
Breakfast	Fruit-Granola Yogurt Parfaits w/ Bacon	Avocado Toast w/ Scrambled Eggs & Sausages	 Bacon & Fruit	 Fruit & Bacon	Muffins & Berries w/ Breakfast Ham	 Cinnamon Roll Pancakes w/ Sausages	Biscuits & Gravy & Bacon w/ Fruit
Snack	Muffins	Olives & Cheese	Protein Bars	Veggies/Lays & French Onion Dip	Fruit Snacks	Yogurt	Nuts
Lunch	Curry Chicken Salad Sandwiches w/ Chips & Fruit	 Hearty Italian Chicken Soup & Kale Salad	Hot Dogs & Beans w/ Coleslaw/Fruit	Hummus & Turkey Wraps w/ Fruit	Chicken & Rice Bowl w/ Fruit	Pan-Fried Porkchops & Cabbage Slaw	Cheeseburger & Fries w/ Fruit
Snack	Apples & Honey	Fruit Bars	Hardboiled Eggs			Pudding	Veggies & Dip
Who's Cooking:							
Dinner	Halibut & Baked Potatoes w/ Asparagus	 Shredded Pork Tacos w/ Rice & Beans	 Chinese Delivery	 Spaghetti & Meatballs w/ Salad	 3-Bean Salad, Corn on the Cob	Lasagna, Caesar Salad & Garlic Bread	
Desert							

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FEBRUARY 2022 MENU

	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 18	Saturday 19	Sunday 20
Breakfast	 Fruit & Sausages	Nutella Waffles & Bacon w/ Apples	Egg Breakfast Casserole w/ Fruit	Avocado Toast w/ Scrambled Eggs & Fruit	Cinnamon Rolls & Sausage w/ Fruit	 Buttermilk Pancakes w/ Bacon	Zucchini Bread & Fruit Salad w/ Bacon
Snack	Smoothies	Dried Fruit	Yogurt	Applesauce	Fruit Cups	Apples & Honey	Fruit Bars
Lunch	Chicken Fried Steak Wraps w/ Fruit	Corned Beef & Cabbage Sliders /w Fruit	 Broccoli Cheddar & Cobb	Mediterranean Chicken Pasta Salad w/ Fruit	Reubens w/ Coleslaw & Fruit	Double Decker Turkey Club Sandwiches w/ Fruit	Ham Panini w/ Three Bean Salad & Fruit
Snack	Trail Mix	Graham Crackers & Fruit Cups	Applesauce & Crackers	Veggies-Chips & Dip		Granola Bars	
Who's Cooking:							
Dinner	Turkey Tetrazzini w/ Salad & Dinner Rolls	 Chicken Tacos w/ Rice & Beans	Jumbo Fried Cocktail Shrimp w/ Baked Potato & Corn	 Shrimp Alfredo w/ Garlic Breadsticks & Salad	 Salad & Fruit	French Dip Au Jus w/ Green Beans & Potato Wedges	
Desert							

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FEBRUARY 2022 MENU

	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
Breakfast	Avocado Toast & Scrambled Eggs w/ Sausages & Fruit	 Fruit & Bacon	Banana Bread & Fruit Salad w/ Bacon	 Bacon & Fruit	Bacon Breakfast Casserole w/ Fruit	 Blueberry Pancakes w/ Sausages	Eggs, Toast, Bacon & Fruit
Snack	PB Crackers	Trail Mix	Nuts	Cottage Cheese	Hardboiled Eggs	Olives & Cheese	Ants On a Lilly Pad
Lunch	Chicken Salad Wraps w/ Apples & Celery	Ham & Cheese Hoagies w/ Pretzels & Fruit	Salmon Caesar Salad w/ Fruit	 Grilled Cheese & Tomato Soup w/ Sliced Melon	Turkey Caesar Salad & Fruit	Loaded Steak Nachos and Fruit Plate	Meatloaf Sandwiches & Fruit w/ Chips
Snack	Jell-O	Frozen Yogurt	Cheese Crackers	Granola Bars			Nuts
Who's Cooking:							
Dinner	Chunky Steak Potato Soup w/ Green Beans & Cornbread	 Ground Beef Taco Salad with Fruit	Prawn & Spinach Angel Hair Pasta w/ Garlic Bread	Roasted Chicken Salad & Sweet Potato Fries w/ Asparagus & Fruit	California Grilled Portobello & Asparagus w/ Mashed Potatoes	 Jerk Chicken w/ Rice & Vegetables	
Desert							

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FEBRUARY 2022 MENU

	Monday 28	Tuesday 00	Wednesday 00	Thursday 00	Friday 00	Saturday 00	Sunday 00
Breakfast	Poached Eggs, Toast & Fruit						
Snack	Smoothies						
Lunch	Egg Salad Sandwiches w/ Pretzels & Fruit						
Snack	Trail Mix						
Who's Cooking:							
Dinner	 Salad & Fruit						
Desert							

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