HDM/Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3) CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Chocolate Chip Cookie (27)	(4) SLOPPY JOES (8)ON A WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Winter Blend Vegetables (5) Apple (21)	(5) TENDER BEEF TIPS (8) Buttered Noodles (13) Glazed Carrots (10) Honey Wheat Dinner Roll (12) Gelatin Cup (5)	(6) PULLED CHICKEN BBQ SANDWICH (35) WHOLE WHEAT BUN (25) Mixed Vegetables (11) Baked Beans w/Ham (29) Orange (0)	(7) SCRAMBLED EGGS (3) Sausage Links (1) Seasoned Cube Potatoes (20) Blueberry Crisp (53)Orange Juice Box (13)
(10)LASAGNA (25) Dinner Roll (19) Italian Blend Veggies (6) Oreo 4 Ct (33)	(11) CHICKEN BREAST W/ TARRAGON GRAVY (4) Steamed Brown Rice (17) Colorful Peas and Carrots (9) Tropical Fruit Salad (21)	(12) SWEET AND SASSY MEATBALLS (52) Diced Redskin Potatoes (13) Glazed Carrots (10) Apricots (15)	(13) HONEY MUSTARD PORK CHOP (12) Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)	(14) CHICKEN FINGERS (19) White Cheddar Mac & Cheese (15) Garden Green Peas (11) Whole Wheat Bread (10) Chocolate Pudding (27)
(20) President's Day ALL ACTIVITY CENTERS AND OFFICES CLOSED	(18) CLASSIC CHEESEBURGER (0) ON A WHOLE WHEAT BUN (25) Tator Tots (15) Corn (21) Applesauce (13)	(19) SAUERKRAUT AND POLISH SAUSAGE (23) Broccoli w/Cheese Sauce (6) Whole Wheat Bread (10) Strawberry Pineapple Jello (26)	(20) BAKED TURKEY (3) Mashed Potatoes (17) w/ Turkey Gravy (2) Green Beans Almondine (5) Stuffing ((24)Pumpkin Fluff (46)	(21) ALMOND MANDARIN SALAD (37) Oreo 4 ct. (33)
(24) ALMONDINE POLLOCK (7) Cheesy Mashed Potatoes (14) Mixed Veggies (11) Mandarin Oranges and Pineapple Chunks (20)	(25) ASIAN CHICKEN (30) Steamed Brown Rice (17) Lemon White Chocolate Cookie (28)	(26) ITALIAN STEAK SANDWICH (4) Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice Cup (17)	(27) MARINATED CHICKEN BREAST (1) Baked Potato (18) Broccoli Florets (4) Banana Pudding (25)	(28) HOT DOG (1) WITH CONEY SAUCE (6) On a Whole Wheat Bun (19) Tater Tots (17) Corn (21) Pear (23)

All Meals at the Activity Centers served with Fat-Free Milk (13)

Number next to the menu item indicates carbohydrate count.

Menu is subject to change without notice.

Be advised menu items may contain nuts.