

# February Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	<b>2</b> PORK ROAST 2gm MASHED POTATOES & GRAVY 17gm CORN, PEAS, & CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm
<b>5</b> SESAME CHICKEN 27gm WHITE RICE WAX BEANS AND PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	<b>6</b> QUICHE LORRAINE WITH BACON 4gm POTATOES O'BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm	<b>7</b> VEGETABLE LASAGNA 56gm HAVARD BEETS 8gm BLUEBERRY CHERRY CRISP 18gm WHOLE GRAIN ROLL 35gm	<b>8</b> FRENCH TOAST BAKE 27gm RUTABAGA HASH 4gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm	<b>9</b> MEATLOAF WITH GRAVY 10gm MASHED POTATOES 17gm CORN PUDDING 22gm STEWED TOMATOES 4gm WHOLE GRAIN ROLL 35gm
<b>12</b> VEGETABLE ALFREDO 18gm WAX BEAN & PEPPERS 5gm CARMEL CAKE 34gm WHOLE GRAIN ROLL 35gm	<b>13</b> SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	<b>14</b> COUNTRY FRIED CHICKEN 28gm MASHED POTATOES & GRAVY 17gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	<b>15</b> HUNGARIAN GOULASH 17gm SWEET & SOUR CABBAGE 4gm CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	<b>16</b> BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 21 gm
<b>19</b> SHEPHERDS PIE 10gm CHEDDAR MASHED POATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	<b>20</b> HERB ROASTED CHICKEN 0gm BRUSSELS SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	<b>21</b> LENT STARTS SPAGHETTI & MEAT SAUCE 44gm GREEN BEANS & CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	<b>22</b> CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 21gm	<b>23</b> BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm
<b>26</b> BEEF CHILI 22gm WAX BEANS & PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	<b>27</b> SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	<b>28</b> CORNED BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm FRUIT MUFFIN 16gm	<b>29</b> BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCCHINI CAKE 28gm HAMBURGER BUN 26gm	



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

