



February 2012

For Reservations/ Cancellations, Call (508) 999 - 6400 ext #191 or #192 AT LEAST 24 hours in advance.	Your Suggested Voluntary Donation \$2.00 per meal	1 Pork Tetrazzini Peas & Carrots Dinner Roll Fresh Fruit	2 Roast Turkey w/ Gravy Whipped Potato Winter Squash Sliced Bread Brownie Diet: Cookie	3 Spaghetti & Meatballs Italian Blend Veg Whole Wheat Bread Peach Cup
	For questions on the menu or nutrition, please contact Kim Ferreira, RD, ext. 194	6 Tomato Florentine Soup Roast Chicken w/Gravy Rice Pilaf Whole Wheat Roll Cutie Pie Diet: Graham Waffle	7 Shepard's Pie Green Beans Wheat Bread Pears	8 <u>Cold Plate</u> Chicken Salad Pasta Salad Tossed Salad Pita Bread Fruited Jello
13 Whole Grain Cheese Ravioli w/ Tomato Vegetable Sauce Winter Blend Veg Sliced Bread Peaches	14 Grilled Chicken Fillet w/ Marsala Sauce Rice Medley Beets Whole Wheat Bread Jello Cake Diet: Cookie	15 Meatloaf w/ Gravy Whipped Potato Country Blend Veg Fruit Muffin Arctic Ice Diet: Fruited Jello	16 Turkey Divan Hashbrowns Broccoli Multi-Grain Roll Chilled Fruit	17 American Chop Suey Wax & Green Beans Whole Wheat Roll Fresh Fruit
20 Holiday President's Day Office Closed	21 Sweet & Sour Meatballs Au Gratin Potatoes Oriental Blend Veg Sliced Bread Chilled Fruit	22 Macaroni & Cheese Escalloped Tomatoes Whole Wheat Roll Fresh Fruit	23 Chicken Stew w/ Vegetables Whole Boiled Potatoes Fruit Muffin Chilled Fruit	24 Fish w/ Dill Sauce Parsley Mash Potato Zucchini & Tomatoes Wheat Bread Cutie Pie Diet: Graham Waffle
27 Lentil Soup Pineapple Ginger Chicken Tahitian Blend Veg Multi-Grain Roll Peach Cup	28 Beef Chili w/ Vegetables Spanish Rice Dinner Roll Chilled Fruit	29 Roast Pork w/ Applesauce Gravy Red Bliss Potatoes Mixed Veg Wheat Bread Birthday Cake Diet: Graham Waffle		Nutrient Analysis Includes: Milk & Margarine
				Menu Subject to Change without Notice

We want to hear from you! Please send us a favorite recipe that we can hope to include on our menu!