

MONDAY	FEB 13	TUESDAY	FEB 14	WEDNESDAY	FEB 15	THURSDAY	FEB 16	FRIDAY	FEB 17	SATURDAY	FEB 18	SUNDAY	FEB 19
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BREAKFAST

Chilled Applesauce	Mandarin Orange	Fresh Whole Banana	Chilled Applesauce	Mandarin Orange	Fresh Whole Banana	Chilled Applesauce
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Egg Scrambled	Egg Scrambled	Egg Scrambled	Egg Scrambled	Egg Scrambled	Egg Scrambled	Egg Scrambled
Blueberry Muffin	Banana Pancake	Hashbrowns w/Onion	Wheat Toast	Wheat Toast	Wheat Toast	Wheat Toast
Cheerios	Raisin Bran	Cheerios	Corn Flakes	Cheerios	Sausage Links	Corn Flakes
Wheat Toast		White Toast			Cheerios	

LUNCH

Garden Salad	RCH Valentine's Day 2023	Garden Salad	Garden Salad	Iceberg & Onion Salad/ Drg	Garden Salad	Garden Salad
Roasted Salmon and Vegetable(OSG)		Crispy Baked Catfish	Hamburger Macaroni Casserole	Beef Stew	Honey Roasted Chicken	GF Apricot Ginger Chicken
Rice Pilaf		Orange Roast Sweet Potato	Mashed Potatoes	Pineapple Upside-Down Cake	Fried Rice	Baked Potato
Lemon Cake		Baked Acorn Squash	Seasoned Red Beets	Baked Pollock w/Dill Sauce	Roasted Cauliflower	Oven-Roasted Brussels Sprouts
Swedish Meatballs		Key Lime Pie	Cannoli Cream	Parslied Potatoes	Vanilla Mousse	Banana Parfait
Polenta		Turkey Meatloaf w/Peppers(OSG)	Cranberry Pork Loin	Braised Red Cabbage	Cheese Lasagna(ML)	Spaghetti & Meatballs
Seasoned Green Beans		Double Boiled Mashed Potato	Turnip	Citrus Gelatin	Seasoned Green Beans	Buttered Carrots
Citrus Gelatin		Buttered Carrots			Chilled Fruit Cocktail	Chilled Fruit Cocktail
		Chocolate Ice Cream Cup				

DINNER

Beef Barley Soup	Chicken Noodle Soup	French Onion Soup	Homemade Garden Veg Soup(OSG)	Mushroom Barley Soup	Homemade Split Pea Soup w/Ham(GF)	Homemade Tomato Soup
Maple Glazed Ham	Sloppy Joe on Bun	Beef Pot Pie	Ham Italian Melt	Hawaiian Ham	Carolina Pulled Pork Sandwich	Brunswick Stew
Macaroni & Cheese	Golden Roasted Potato Wedges	Baked Red Apple	Potato Chips	Rice Pilaf	Waffle Fries	Rice Pilaf
Oven-Roasted Brussels Sprouts	Vanilla Mousse	Chicken Noodle Soup	Fresh Garden Blend Vegetables	Sauteed Fresh Spinach	Creamy Coleslaw	Roasted Root Vegetables
Baked Custard	Homemade Garden Veg Soup(OSG)	Chicken Cordon Bleu Sandwich	Ice Cream Sundae w/Caramel	Apple Crisp	Peanut Butter Brownie	Chocolate Chip Cookies
Corn Chowder w/Bacon	Broccoli and Cheese Quiche(ML)	Potato Chips	Cream of Broccoli Soup	Split Pea Soup(ML)(GF)	Homemade Tomato Soup	Chicken Vegetable Soup(GF)
Pulled BBQ Chicken	Buttered Carrots	Dilled Baby Carrots	Chicken Caesar Salad	Three Bean Chili(ML)	Stuffed Bell Pepper	Leek & Swiss Quiche(ML)
Creamy Coleslaw	Oatmeal Raisin Cookies	Ice Cream Vanilla Bean PC	Parmesan Breadstick	Mashed Potatoes	Roasted Root Vegetables	Roasted Herb Baby Carrots
Oatmeal Cookies			Coconut Cake	Fresh Steamed Broccoli	Chilled Diced Pears	Chilled Diced Pears
				Vanilla Ice Cream		