



February 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

Salsbury Steak
Mashed Potatoes w/Gravy
Peas and Carrots
WW Roll Pudding

Chile Dog w/ cheese
Diced, Onions, Tomatoes , Mexicorn
Jello w/ Fruit

Chicken Ceaser Salad
Lettuce, Carrots, Tomatoes
Peaches
Crackers

6

7

8

9

10

Green Chile beef stew
Corn, Carrots, Onions, potatoes
Baked apples with Cinnamon
Corn Bread

Chicken Alfredo
Broccoli
Applesauce
Garlic Knot

Baked Pork Chops
Mixed Veggies
WW Roll
Scalloped Potatoes

Chicken Fajitas w/ Salsa
Beans
Calabacitas
Mandarin Oranges

Veggie Pizza
Tossed Salad
Pineapple

13

14

15

16

17

HAPPY VALENTINES DAY

Red Chili Beef Enchiladas
Broccoli and Cauliflower
mandarin oranges
sweet rice with raisins

Beef Stroganoff w/Egg Noodles
California Blend Vegetables
Diced Peaches
WW Roll

Baked Chicken w/Gravy
Mixed Vegetables
Pears
Wild Rice, WW Roll

Carne Adovada w/Tortilla
Beans
Spinach
Spanish Rice

Pepper Steak w/Noodles
Peas and Carrots
Strawberry Shortcake
WW Roll

20

21

22

23

24

Chicken Parm w/ Marinara
Mixed Veggies
Peaches
Garlic Knot

Frito Pie
Pinto Beans with Red Chile
Lettuce, Tomato, Onions, Cheese
Pineapple

Lent Starts
Salmon patties
Mashed potatoes
Green beans
Fruit Cocktail

Sweet n Sour Chicken
Oriental Veggies
Mandarin Oranges
Rice , Fortune Cookies

Tuna Casserole w/ peas
Steamed Carrots w/butter
Crackers , Pudding

27

28

Spaghetti w/ Meat Sauce
Tossed salad w/ dressing
Cinnamon Apples
Bread Stick

Chicken Taco w/ Salsa
Beans
Peaches
Spanish rice

