



CW Resources Senior Community Café

February, 2017



1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

\$3.00 SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*High Salt +High Sugar ++High Fat</p>		<p>Hot Dog* Baked Beans* Braised Red Cabbage Mustard</p> <p>Hot Dog Bun</p> <p>Pineapple Chunks</p>	<p>Orange Juice Eggplant Rolatini Ziti with Sauce Garden Salad Italian Dressing*</p> <p>Garlic Bread* Happy Birthday Birthday Cake+</p>	<p>Vegetable Soup Unsalted Crackers White Fish Stew Harvest Rice Chuck Wagon Veggies</p> <p>Pumpernickel Bread</p> <p>Apricots</p>
<p>Open Faced Turkey Sandwich * with Turkey Gravy Stuffing Butternut Squash Cranberry Sauce+</p> <p>Potato Bread</p> <p>Mixed Fruit Cup</p>	<p>Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn</p> <p>Tortilla</p> <p>Banana</p>	<p>Cream of Broccoli Soup Unsalted Crackers Baked Fish with White Sauce Buttered, Parslied Noodles Mixed Vegetables</p> <p>Rye Bread</p> <p>Fresh Orange</p>	<p>Roast Beef Beef Gravy Baked Potato Beets</p> <p>12 Grain Bread</p> <p>Lemon Pudding</p>	<p>Apple Juice BBQ Pork Chop* Mashed Potato Carrots</p> <p>Oatmeal Bread</p> <p>Ice Cream Cup+</p>
<p>CLOSED</p> <p>Lincoln's Birthday</p>	<p>Valentine's Lunch Ham* with Cherry Sauce Sweet Potatoes Buttered Peas</p> <p>Dinner Roll</p> <p>Valentine Treat</p>	<p>Orange Juice Spaghetti with Meatballs Parmesan Cheese+ Romaine Salad Ranch Dressing</p> <p>Garlic Bread*</p> <p>Pears</p>	<p>Pea Soup Unsalted Crackers Baked Codfish Steak Fries Green Beans Tartar Sauce++</p> <p>Hamburger Bun</p> <p>Fresh Orange</p>	<p>Special Dessert Cranberry Juice Roast Pork Apples and Sauerkraut Oven Browned Potatoes Peas</p> <p>Rye Bread</p> <p>Apple Pie</p>
<p>President's Day</p>	<p>Grape Juice Lasagna Rolette Marinara Sauce Peas 3 Bean Salad</p> <p>Italian Bread</p> <p>Applesauce</p>	<p>Italian Wedding Soup Unsalted Crackers Chicken Bruschetta Brown Rice Geneva Blend Veggies</p> <p>100% W.W. Bread</p> <p>Peaches</p>	<p>Meatloaf Onion Gravy Buttered Noodles Broccoli</p> <p>Rye Bread</p> <p>Pineapple Chunks</p>	<p>Orange Juice Turkey Pot Pie Diced Potatoes Garden Salad French Dressing*</p> <p>Biscuit</p> <p>Oatmeal Raisin Cookies</p>
<p>Cranberry Juice Orange Chicken with Orange Ginger Sauce Fried Rice Broccoli</p> <p>Oatmeal Bread</p> <p>Tapioca Pudding+</p>	<p>Butternut Squash Soup Unsalted Crackers Philly Cheesesteak* Onions and Peppers Coleslaw</p> <p>W.W. Hamburger Bun</p> <p>Fresh Orange</p>			