

# February Branch Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> NO MEALS SERVED	<b>2</b> MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	<b>3</b> NO MEALS SERVED
<b>6</b> CHICKEN & RICE CASSEROLE 42gm SAUTEED CARROTS 4gm CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	<b>7</b> QUICHE LORRAINE WITH BACON 4gm POTATOES O"BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm	<b>8</b> NO MEALS SERVED	<b>9</b> FRENCH TOAST BAKE 27gm RUTABAGA HASH 4gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm	<b>10</b> NO MEALS SERVED
<b>13</b> BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 21 gm	<b>14</b> SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	<b>15</b> NO MEALS SERVED	<b>16</b> BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm	<b>17</b> NO MEALS SERVED
<b>20</b> <b>HDM &amp; CONGREGATE NO MEALS SERVED</b>	<b>21</b> HERB ROASTED CHICKEN 0gm BRUSSELS SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	<b>22</b> NO MEALS SERVED	<b>23</b> CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 21gm	<b>24</b> NO MEALS SERVED
<b>27</b> BEEF CHILI 22gm WAX BEANS & PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	<b>28</b> SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm			



Monday, Tuesday, and Thursdays from 11:30am-12:30pm.  
 \$3.00 suggested donation for seniors 60+ and \$7.00 fee for those under the  
 age of 60.

