










# February



## Lebanon County Adult Day Care

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tuna Salad Sandwich w/lettuce & tomato 1/2c Potato Salad 2 White Bread Fresh Orange	2 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn 1 White Bread 1 Cookie 
5 Pot Roast w/ Gravy 1/2c Parsley Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	6 Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit	7 Chicken Taco w/ Lettuce & Tomato 1/2c. Seasoned Corn & Blackbeans 1/2c. Spanish Rice Soft Tortilla Shell 1/2c Pineapple	8 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin	9 Vegetable Lasagna w/ Sauce 1c Tossed Salad 1/2c Peas 1 Italian Bread Cookie
12 Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Island Blend Vegetables 1 Hamburger Bun Seasonal Fresh Fruit	13 Chicken Marsala w/ 2oz Mushroom Sauce 1/2c. Blended Rice 1/2c Carrots 1 Breadstick 1/2c Applesauce	Ash Wednesday/Valentines Day 14 crab cake 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit  	15 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Cream of Cauliflower Soup 1 Wheat Bread 1/2c Fruited Gelatin	16 Baked Pollock 1/2c Macaroni & Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges
19 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Green Beans 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	20 Cabbage Casserole w/ 2oz Sauce 1c Tossed Salad 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	21 Balsamic Glazed Chicken w/ Tomatoes & Mozzarella Cheese 1/2c Penne Pasta 1/2c Mixed Vegetables 1 Dinner Roll 1/2c Fruited Gelatin 	22 Philly Cheeseburger w/ Provolone, Peppers, & Onions 1c Cream of Potato Soup Sandwich Roll Fresh Seasonal Fruit 	23 Egg Salad Sandwich w/ Lettuce & Tomato 1/2c Potato Salad 1/2c Beets 2 Wheat Bread 1/2c Sliced Peaches
26 Swedish Meatballs (4) 1/2c. Rice 1/2c Peas 1 Wheat Bread 1/2c Apple Crisp	27 Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange	28 Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pineapple Tidbits 	29 Cheese Omelet w/ Ham, Peppers, Onions 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	