

Reserve your meal by 9am

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>February 2023 in the Community Café For Reservations Call before 9am 970-264-2167</p>		<p>1 Chicken & Mushroom Crepes, Lemon Asparagus w/toasted Almonds, Garden Salad, Fruit, Milk Cal:1420, Carb: 145g Fib:11g, Fat 63g Sodium 970</p>	<p>2 Vegetable Lasagna w/ Garlic Bread, Garden Salad, Fresh Berries, Carrot Cake, Milk Cal:952, Carb: 83g Fib:11g, Fat 53g Sodium 1186</p>	<p>3 Frito Pie w/ Cheese, Coleslaw, Cornbread, Peach Cobbler, Garden Salad, Milk Cal:1153, Carb: 102g Fib:14g, Fat 62g Sodium 980</p>	<p>4</p>
<p>6 Chicken Curry w/Jasmine Rice, Roasted Cauliflower,Garden Salad, Chai Pudding, Milk Cal:930, Carb: 97g Fib:12g, Fat 38g Sodium 620</p>	<p>7 Giant Stuffed Portabella Mushroom w/ CousCous, Naan Bread, Garden Salad, Chocolate Eclair, Milk Cal:640, Carb: 70g Fib:16g, Fat 30g Sodium 980</p>	<p>8 Pork Tenderloin w/ Choke Cherry Sauce, Scalloped Potatoes, Dinner Roll, Garden Salad, Fruit, Milk Cal:1270, Carb: 97g Fib:8g, Fat 72g Sodium 970</p>	<p>9 Beef Pot Roast w/Potatoes,Carrots, Butternut Squash, Garden Salad, Cherry Crisp, Milk Cal:1570, Carb: 150g Fib:18g, Fat 37g Sodium 1200</p>	<p>10 New England Clam Chowder w/Oyster Crackers, Peas & Carrots, Garden Salad, Blueberry Cobbler, Milk Cal:770, Carb: 62g Fib:10g, Fat 42g Sodium 700</p>	<p>11</p>
<p>13 Creamy Cajun Shrimp Fettuccine w/ Buttered Broccoli, Focaccia Bread, Garden Salad, Fruit, Milk Cal:880, Carb: 86g Fib:11g, Fat 14g Sodium 1250</p>	<p>14 Pork Kielbasa w/ Sweet & Sour Cabbage, German Potato Salad, Garden Salad, Fruit, Milk Cal:1570, Carb: 75g Fib:21, Fat21 g Sodium 694</p> <p><i>Happy Valentine's Day!</i></p>	<p>15 Chicken Salad Wrap w/ Macaroni Salad, Garden Salad, Vanilla Yogurt & Fruit, Milk Cal:826, Carb: 75g Fib:7 g, Fat 9g Sodium 694</p>	<p>16 Beef Cottage Pie w/ Roasted Cauliflower, Garden Salad, Fruit, Bread Pudding, Milk Cal:1420, Carb: 145g Fib:11g, Fat 63g Sodium 970</p>	<p>17 Vegetarian Tempeh Chili w/ Cornbread & Honey, Garden Salad, Fruit, Milk Cal:790, Carb: 59g Fib:12g, Fat 9g Sodium 746</p>	<p>18</p>
<p>20 Closed for President's Day</p>	<p>21 Barbeque Chicken, Sweet corn, Baked Beans, Garden Salad, Fruit, Milk, Chocolate Cake Cal:1420, Carb: 145g Fib:11g, Fat 63g Sodium 970</p>	<p>22 Meatballs & Marinara w/ Hoagie Roll, Green Beans w/bacon,Garden Salad, Fruit, Milk, Choc/Macadamia Nut Cookie Cal:1153, Carb: 102g Fib:14g, Fat 62g Sodium 980</p>	<p>23 Singapore Coffee-Barbeque Pork Ribs w/ Rice, Sauteed Squash, Garden Salad, Fruit, Milk Cal:820, Carb: 77g Fib:9g, Fat 21g Sodium 800</p>	<p>24 Chicken Dijon w/ Glazed Carrots & Dinner Roll, Garden Salad, Fruit, Milk, Banana Pudding Cal:1300, Carb: 96g Fib:12g, Fat 90g Sodium 1250</p>	<p>25</p>
<p>27 Chicken Piccata w/ Scalloped Potatoes, Focaccia Bread, Garden Salad, Fruit, Milk, Fortune Cookies Cal:1090, Carb: 74g Fib:10g, Fat 62g Sod: 1050</p>	<p>28 Teriyaki Beef w/ Coconut rice & Sauteed Peppers, Mango Black bean Salad, Garden Salad, Fruit, Milk, Brownie Cal:1090, Carb: 111g Fib:5g, Fat 53g Sodium 1520</p>	<p>MAR1</p> <p>Suggested donation \$10.00 per meal Includes Main course, side, Salad, fresh fruit & Milk or Juice</p>	<p>2</p>	<p>3</p> <p>Food Shortages may result in Substitutions.</p>	