

# MARCH 2011



Mon	Tue	Wed	Thu	Fri
<p>Medis are served with 2% or Skim milk and Margarine</p> <p>All Menus are subject to change</p>	<p>1 Lemon Pepper Chicken Baked Sweet Potato Stewed Tomatoes Apple WW Bread Sugar Cookie</p>	<p>2 Hamburger White or WW Bun Baked Beans Brussels Sprouts Bananas in Jell-O Angel Food Cake</p>	<p>3 BBQ Chicken Breast Au Gratin Potatoes Corn Niblets Apricots Maccaroni Salad Dinner Roll</p>	<p>4 Roast Pork Loin w/ Gravy Whipped Potatoes Sauerkraut Grapes White or WW Bread Vanilla Wafers</p>
<p>7 Baked Ziti w/ meat sauce &amp; cheese Wax Beans Cole Slaw Warm Cinnamon Applesauce Breadstick</p>	<p>8 Roast Beef w/ Gravy Mashed Potatoes Capri Blend Veggies Peaches Wheat Bread Fruit Muffin</p>	<p>9 Smothered Breaded Chicken Breast w/ Gravy Au Gratin Potatoes California Blend Banana Wheat Dinner Roll Pudding</p>	<p>10 Pulled BBQ Pork Small Bun Hearty Veggie Soup Crackers Tater-Tots Grape Juice</p>	<p>11 Breaded Fish Square WW Bun Peas Tossed Salad-Dressing Mandarin Oranges Maccaroni &amp; Cheese</p>
<p>14 Swedish Meatballs w/ Gravy Broccoli Pear Halves Cucumber &amp; Onion Salad Noodles White or WW Bread</p>	<p>15 Chicken Patty Wheat Bun Scalloped Potatoes Crackers Capri Blend Veggies Orange Juice</p>	<p>16 Baked Ham Steak Au Gratin Potatoes Peas Apricot Halves White or WW Roll Angel Food Cake</p>	<p>17 Chili w/ beans Crackers Cottage Cheese Baked Potato Pineapple Chunks Cornbread Muffin</p>	<p>18 Parmesan Chicken Breast w/ sauce Italian Vegetables Tossed Salad-Dressing Noodles Bread Stick</p>
<p>21 Cabbage Roll Ranch Mashed Potatoes Green Beans Mandarin Oranges Blueberry Muffin White or WW Bread</p>	<p>22 Roast Turkey w/ Gravy Sweet Potatoes Cauliflower Applesauce Bread Dressing White or WW Roll</p>	<p>23 Sloppy Joes White or WW Bun Cream of Broccoli Soup Crackers Lima Beans Peaches</p>	<p>24 Teriyaki Chicken Breast Over Rice Peas Buttered Beets Tropical Fruit White or WW Bread</p>	<p>25 Baked Steak w/ Gravy Whipped Potatoes Baby Carrots Pineapple Chunks White or WW Bread Pudding</p>
<p>28 Hamloaf Red Skin Potatoes California Blend Fruit Cocktail Cornbread Muffin Gingersnaps</p>	<p>29 Shredded Chicken White or WW Bread Corn Chowder Crackers Potato Salad Cinnamon Applesauce</p>	<p>30 Breaded Boneless Pork Chop Sweet Potato Casserole Brussel Sprouts Orange Juice White or WW Roll Fruit Muffin</p>	<p>31 Swiss Steak w/ Onion &amp; Mushroom Gravy Cheddar Mashed Potatoes Zucchini &amp; Squash Peas Oatmeal Cookie Wheat Bread</p>	<p>For Nutrition content inquires Call 419-453-3327</p>

# January 2011



Mon	Tue	Wed	Thu	Fri
<p>3 Swedish Meatballs w/ Gravy Broccoli Pear Cucumber &amp; Onion Salad Noodles White or WW Bread</p>	<p>4 Chicken Patty Wheat Bun Scalloped Potatoes Crackers Capri Blend Veggies Orange Juice</p>	<p>5 Baked Ham Steak Au Gratin Potatoes Peas Apricot Halves White or WW Roll Angel Food Cake</p>	<p>6 Chili w/ Beans Crackers Cottage Cheese Baked Potato Pineapple Chunks Cornbread Muffin</p>	<p>7 Parmesan Chicken Breast w/ sauce Spaghetti Noodles Italian Veggies Tossed Salad-Dressing Warm Peach Crisp Bread Stick</p>
<p>10 Cabbage Roll Ranch Mashed Potatoes Green Beans Mandarin Oranges Blueberry Muffin White or WW Bread</p>	<p>11 Roast Turkey w/ Gravy Sweet Potatoes Cauliflower Applesauce Bread Dressing White or WW Roll</p>	<p>12 Sloppy Joes Cream of Broccoli Soup Crackers Lima Beans Peaches White or WW Bun</p>	<p>13 Teriyaki Chicken Breast w/ over Rice Peas Buttered Beets Tropical Fruit White or WW Bread</p>	<p>14 Baked Steak w/ Gravy Whipped Potatoes Baby Carrots Pineapple Chunks Pudding White or WW Bread</p>
<p>17 Hamloaf Red Skin Potatoes California Blend Fruit Cocktail Cornbread Muffin Gingersnaps</p>	<p>18 Shredded Chicken White or WW Bread Corn Chowder Crackers Potato Salad Warm Cinnamon Apples</p>	<p>19 Breaded Boneless Pork Chop Sweet Potato Casserole Brussels Sprouts Orange Juice White or WW Roll Fruit Muffin</p>	<p>20 Swiss Steak w/ onion &amp; Mushroom Gravy Cheddar Mashed Potatoes Zucchini &amp; Squash Peas Oatmeal Cookie Wheat Bread</p>	<p>21 Mac-n-Cheese Stewed Tomatoes Green Beans Banana White or WW Bread</p>
<p>24 Beef &amp; Noodles Mashed Potatoes Broccoli Pineapple Rings White Bread</p>	<p>25 Lemon Pepper Chicken Baked Sweet Potato Stewed Tomatoes Apple WW Bread Cookie</p>	<p>26 Hamburger Baked Beans Brussels Sprouts Bananas in Jell-O White or WW Bun Angel Food Cake</p>	<p>27 BBQ Chicken Breast Au Gratin Potatoes Corn Niblets Apricots Macaroni Salad Dinner Roll</p>	<p>28 Roast Pork Loin w/ Gravy Whipped Potatoes Sauerkraut Grapes Vanilla Waters</p>
<p>31 Baked Ziti w/ meat sauce &amp; cheese Wax Beans Cole Slaw Warm Cinnamon Applesauce Breadstick</p>			<p>All Menus are subject to change  Meals are served with 2% or Skim milk and Margarine</p>	
				<p>For Nutrition content inquires call 419-453-3327</p>

# February 2011



Mon	Tue	Wed	Thu	Fri
<p>7</p> <p>Swedish Meatballs w/ Gravy Broccoli Pear Halves Cucumber &amp; Onion Salad Noodles White or WW Bread</p>	<p>8</p> <p>Chicken Patty Wheat Bun Scalloped Potatoes Crackers Capri Blend Veggies Orange Juice</p>	<p>9</p> <p>Baked Ham Steak Au Gratin Potatoes Pears Apricot Halves White or WW Roll Angel Food Cake</p>	<p>10</p> <p>Chili w/ Beans Crackers Cottage Cheese Baked Potato Pineapple Chunks Cornbread Muffin</p>	<p>11</p> <p>Parmesan Chicken Breast over Noodles Italian Vegetables Tossed Salad-Dressing Warm Peach Crisp Bread Stick</p>
<p>14</p> <p>Stuffed Pepper w/ Tomato Sauce Ranch Mashed Potatoes Green Beans Mandarin Oranges Blueberry Muffin White or WW Bread</p>	<p>15</p> <p>Roast Turkey w/ Gravy Sweet Potatoes Cauliflower Applesauce Bread Dressing White or WW Roll</p>	<p>16</p> <p>Sloppy Joes Cream of Broccoli Soup Crackers Lima Beans Peaches White or WW Bun</p>	<p>17</p> <p>Teriyaki Chicken Breast w/ sauce over Rice Pears Buttered Beets Tropical Fruit White or WW Bread</p>	<p>18</p> <p>Baked Steak w/ Gravy Whipped Potatoes Baby Carrots Pineapple Chunks White or WW Bread Pudding</p>
<p>21</p> <p>Meatloaf Redskin Potatoes California Blend Fruit Cocktail Cornbread Muffin Gingersnaps</p>	<p>22</p> <p>Shredded Chicken White or WW Bread Corn Chowder Crackers Potato Salad Warm Cinnamon Apples</p>	<p>23</p> <p>Breaded Boneless Pork Chop Sweet Potato Casserole Orange Juice White or WW Roll Fruit Muffin</p>	<p>24</p> <p>Swiss Steak w/ Onion &amp; Mushroom Gravy Cheddar Mashed Potatoes Zucchini &amp; Squash Pears Oatmeal Cookie Wheat Bread</p>	<p>25</p> <p>Mac-N-Cheese Stewed Tomatoes Green beans Banana White or WW Bread</p>
<p>28</p> <p>Chicken &amp; Noodles Mashed Potatoes Broccoli Pineapple Rings White Bread</p>			<p>All Menus are subject to change</p> <p>Meals are served with 2% or Skim milk and Margarine</p>	<p>For Nutrition content inquires call 419-453-3327</p>