

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>BREAKFAST</b> 1 Banana French Toast w/ Syrup Side of Fresh Fruit <b>LUNCH</b> Thai Panjang Chicken Curry with peas Potatoes & Peppers, Jasmine Rice Fortune Cookies <b>DINNER</b> Salmon Patties served with Chickpea Salad w/ Spinach & Peppers Vanilla Ice Cream with butterscotch  Chinese New Year	<b>BREAKFAST</b> 2 Mini Frittata Egg Bites Side of Fresh Fruit & Toast <b>LUNCH</b> Lamb, Fennel Mashed Potato Asparagus & Red Peppers Carmel Custard <b>DINNER</b> Flatbread: Artichoke, Roasted Tomato, Mushroom & Mozzarella Cheese Arugula Side Salad Cream Puffs	<b>BREAKFAST</b> 3 Cheesy Grits, Eggs Side of Fresh Fruit & Toast <b>LUNCH</b> Greek Rosemary Chicken Mediterranean Bowtie Pasta Salad w/ Feta, Cherry Tomatoes & Cucumbers Coconut Cream Cake <b>DINNER</b> Vegetable Egg Rolls, Fried Rice Chinese Wonton Salad w/ Mandarins Ice Cream Sandwich	<b>BREAKFAST</b> 4 Bacon & Egg Soft Tacos Sliced Avocado, Side of Fresh Fruit <b>LUNCH</b> Memphis BBQ Chicken Drumsticks, Sautéed Spinach, Potato Salad Peach Turnover <b>DINNER</b> Turkey Pot Pie Mixed Herb Cranberry Pecan Salad w/ Blu Cheese Sponge Cake with Strawberry Coulee	<b>BREAKFAST</b> 5 Spinach & Cheddar Omelet Side of Fresh Fruit & Toast <b>LUNCH</b> Beef Medallions in Caramelized Sauce Smashed Root Vegetables, Pasta Salad Strawberry Ice Cream <b>DINNER</b> Crispy Chicken Taquitos, Refried Beans, Guacamole/pico de gallo/Sour Cream Side Mixed Greens Salad Tres Leches Flan
<b>BREAKFAST</b> 6 Sausage Potato Egg Skillet Side of Fresh Fruit & Toast <b>LUNCH</b> Seared Ahi Tuna in Tamari Sauce Corn Soufflé Seasonal Blend Vegetables Banana Cream Pie <b>DINNER</b> Creole Sausage and Chicken Jambalaya Steamed Broccoli Spumoni Ice Cream	<b>BREAKFAST</b> 7 Biscuits & Gravy, Scrambled Eggs Side of Fresh Fruit <b>LUNCH</b> Greek Lemon Chicken Mediterranean Salad w/ Feta, Cherry Tomatoes, Cucumbers & Red Onion Chocolate Éclair <b>DINNER</b> Grilled Portobello & Swiss Panini Waldorf Salad Fresh Baked Cookies	<b>BREAKFAST</b> 8 Southern-Style Hash Browns, Eggs Side of Fresh Fruit & Toast <b>LUNCH</b> Lemon Ricotta Fettuccini Alfredo, Burrata & Tomato Arugula salad with a Balsamic glaze Bourbon Vanilla Bread Pudding <b>DINNER</b> Egg Salad Pita Pocket Fresh Guacamole & Pico de Gallo Fresh Fruit	<b>BREAKFAST</b> 9 Buckwheat Pancakes, Eggs, Side of Fresh Fruit <b>LUNCH</b> Southern Hearty Beef & Barley Stew Served w/ Fresh Baked Biscuit Fruit Jell-O <b>DINNER</b> Almond-Crusted Chicken on Arugula Roasted Beets, Sweet Potatoes & Baby Carrots Marble Cake	<b>BREAKFAST</b> 10 Juevos Rancheros w/ Avocado Side of Fresh Fruit <b>LUNCH</b> Oven-Roasted Chicken Baked Sweet Yam Shaved Brussel Sprouts Pineapple Upside Down Cake <b>DINNER</b> Cannelloni with Ricotta Cheese Spinach & Arugula Salad Ambrosia Salad	<b>BREAKFAST</b> 11 Bagels, Lox & Cream Cheese Eggs & Side of Fresh Fruit <b>LUNCH</b> Baked Sole of Fish Fillet Florentine Baked Butternut Squash & Vegetables Wedding Cake <b>DINNER</b> Hot Pastrami & Swiss Sandwich Side of Dill Pickles House Salad w/ Dressing Tapioca Pudding	<b>BREAKFAST</b> 12 Sausage, Egg & Biscuit Sandwich Side of Fresh Fruit <b>LUNCH</b> Tofu Vegetable Stir Fry w/ Cashews Cauliflower Rice Cucumber Mango Salad Ice Cream Sandwich <b>DINNER</b> Mushroom & Chicken Risotto Roasted Zucchini Crostini & Olive Oil
<b>BREAKFAST</b> 13 Cheesy Grits, Eggs Side of Fresh Fruit & Toast <b>LUNCH</b> Hunter-Style Chicken Barley Pilaf and Mixed Blend Veggies Ginger Cream Cake <b>DINNER</b> Crab Cakes & Orzo Tartar Sauce & Lemon Side of Caesar Salad Fruit Salad	<b>BREAKFAST</b> 14 Mini Frittata Egg Bites Side of Fresh Fruit & Toast <b>LUNCH</b> Pan Seared NY Strip Steak Baked Potato, Green Beans Almandine Molten Chocolate Cake <b>DINNER</b> Crispy Coconut Shrimp w/ Jasmin Rice Mango & Corn Salad New York Cheesecake & Strawberries  Valentine's Day	<b>BREAKFAST</b> 15 Blueberry Waffles w/ Syrup, Eggs & Side of Fresh Fruit <b>LUNCH</b> White Wine Linguini Mixed Green Salad Berry Fruit Tarts <b>DINNER</b> Tomato Basil Bisque Soup Grilled Cheese Sandwich Peach Cobbler & Fresh Cream	<b>BREAKFAST</b> 16 Bacon, Over Easy Eggs Side of Fresh Fruit & Toast <b>LUNCH</b> Baked White Fish in Pomodoro Sauce Couscous Pilaf Roasted Vegetables Banana Pudding <b>DINNER</b> Turkey Pesto Panini Onion Rings, Spinach Salad Carrot Cake	<b>BREAKFAST</b> 17 Egg & Black Bean Soft Tacos Sliced Avocado & Side of Fresh Fruit <b>LUNCH</b> Cheese Quesadilla w/ Guac, Sour Cream, Pico de Gallo & Refried Beans Ice Cream Sundae <b>DINNER</b> Chef's Salad w/ Turkey, Ham & Egg Rice Pudding	<b>BREAKFAST</b> 18 Vanilla French Toast w/ Syrup Side of Fresh Fruit <b>LUNCH</b> Herbs Crusted Tilapia, Tartar Sauce Brown Rice and Vegetables Strawberry Cake <b>DINNER</b> Stuffed Manicotti w/ Garlic Roll Antipasto Salad Chocolate Chip Ice Cream	<b>BREAKFAST</b> 19 Bagels, Lox & Cream Cheese Eggs & Side of Fresh Fruit <b>LUNCH</b> Southern Mac n' Cheese Collard Greens & Cornbread Cole Slaw Pecan Pie <b>DINNER</b> Chicken Parmigiana Grilled Baby Eggplant & Squash Strawberries & Cream
<b>BREAKFAST</b> 20 Avocado Toast Eggs & Side of Fresh Fruit <b>LUNCH</b> Thai Noodle-Steak Salad Julienned Vegetables Banana Split <b>DINNER</b> Penne Pasta ala Puttanesca Spinach Side Salad Lemon Sorbet	<b>BREAKFAST</b> 21 Egg, Potato, Cheese Skillet Side of Fresh Fruit <b>LUNCH</b> Kobe Burger w/ Arugula, Tomatoes & Onions Potato Fries, Side of Fresh Fruit Pie ala Mode <b>DINNER</b> Just Like Mom's Chicken Noodle Soup Half of Turkey Club Sandwich Chocolate Orange Brownies  Presidents' Day	<b>BREAKFAST</b> 22 Spinach Omelet Side of Fresh Fruit & Toast <b>LUNCH</b> Parchment Garlic Butter Salmon Roasted Squash and Mixed Vegetables Cake of the Day <b>DINNER</b> Grilled Kielbasa Sausage Sautéed French Green Beans Fingerling Potatoes Ambrosia Salad	<b>BREAKFAST</b> 23 Biscuits & Gravy, Eggs Side of Fresh Fruit <b>LUNCH</b> Seared Pork Steak in Citrus Sauce Rosemary & Thyme Potatoes Apple Walnut Spinach Salad Ginger Cake <b>DINNER</b> Reuben Sandwich w/ Pickles Cole Slaw Chocolate Mousse	<b>BREAKFAST</b> 24 Southern-Style Hash Browns Eggs, Side of Fresh Fruit & Toast <b>LUNCH</b> Tomato Basil Soup w/ Grilled Cheese Side Salad Baked Cookies <b>DINNER</b> Greek Lemon Chicken Mediterranean Bowtie Pasta Salad w/ Feta, Cherry Tomatoes & Cucumbers Triple Chocolate Cake	<b>BREAKFAST</b> 25 Bagels, Lox & Cream Cheese Side of Fresh Fruit <b>LUNCH</b> Chicken Pasta Primavera in Garlic Butter Wine Sauce w/ Vegetables Ginger Cake <b>DINNER</b> Quiche Florentine French Butter-Lettuce Vinaigrette Salad w/ Shaved Radishes & Shallots Crème Brûlée	<b>BREAKFAST</b> 26 Soyrizo & Egg Burritos Side of Fresh Fruit <b>LUNCH</b> Rigatoni Arrabbiata w/ Parmesan Ratatouille Vegetables & Crostini Cheese Cake <b>DINNER</b> Sun-dried Tomato, Thyme & Olive Oil Flatbread w/ Side of Marinara Caesar Salad Butter Pecan Ice Cream
<b>BREAKFAST</b> 27 Mini Frittata Egg Bites Side of Fresh Fruit & Toast <b>LUNCH</b> Spaghetti Bolognese Hearts of Romaine Salad Parmesan Garlic Bread Ice Cream Sundae <b>DINNER</b> Bean & Cheese Tostadas w/ Shredded Lettuce & Chopped Tomatoes Chocolate Eclairs	<b>BREAKFAST</b> 28 Berry French Toast w/ Syrup Side of Fresh Fruit <b>LUNCH</b> California Style Grilled Chicken Barley Pilaf & Vegetables White Chocolate Chip Cookies <b>DINNER</b> Stuffed Baked Potato with Meat Sauce Broccoli and Cauliflower Chocolate Pudding					

# FEBRUARY 2022