

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



EVERGREEN RETIREMENT Monthly Menu

LUNCH 1
Honey Salmon
Arugula Spinach Salad
Brown Rice
Fruit Jello

DINNER
Meat Loaf
Mixed Vegetables
Mashed Potatoes
Chocolate Cake

LUNCH 2
Veggie Quesadilla
Pico de Gallo, Sour Cream
Refried Beans
Tres Leche Cake

DINNER
Chef Salad
Dinner Roll, Ranch Dressing
Strawberry Mousse

Groundhog Day

LUNCH 3
Turkey Melt (Wheat Bread)
Tomato, Cucumber Salad
Coleslaw
Fruit Salad

DINNER
Baked White Fish
Steamed Zucchini
Quinoa
Tapioca Pudding

LUNCH 4
Teriyaki Chicken
Brown Rice
Stir Fry Vegetable
Fresh Baked Cobbler

DINNER
Mac and Cheese
Peas and Carrots
Garlic Bread
Ambrosia Salad

LUNCH 5
Tuna Lettuce Wraps
Sliced Watermelon
Potato Salad
Carrot Cake

DINNER
Spaghetti Bolognese
Kale Almond Salad
Peach Turnover

Tu Bishvat Begins at Sundown

LUNCH 6
Veggie Egg Roll
Asian Chopped Salad
Oriental Vegetables
Jello

DINNER
Crab Cakes w/Lemon
Tartar Sauce, Carrot Slaw
Caesar Salad
Eclairs

LUNCH 7
Swedish Meatballs
Mashed Potatoes
Steamed Broccoli
Fruit Cobbler

DINNER
Breaded Fish
Brown Rice
Mixed Vegetables
Marble Cake

LUNCH 8
Chicken Marsala
Green Beans
Baked Sweet Potato
Cream Puffs

DINNER
Beef Enchiladas
Spanish Rice
Guacamole
Brownie

LUNCH 9
Pepperoni Pizza
Arugula Almond Salad
Fresh Fruit
Ice Cream

DINNER
Stuffed Manicotti
Garlic Bread
Steamed Squash
White Cake

LUNCH 10
Turkey Burger
Potato Salad
Beet Salad
Lemon Meringue Pie

DINNER
Beef Stroganoff
Egg Noodles
Broccoli
Chocolate Cake

LUNCH 11
Normandy Chicken
Steamed Carrots
Brown Rice Pilaf
Apple Cake

DINNER
Cobb Salad
Dinner Roll
Ice Cream Sandwich

LUNCH 12
Chicken Salad Croissant
Fresh Fruit
Carrot Slaw
Lemon Cake

DINNER
Baked Salmon
Quinoa
Rosemary & Thyme Potatoes
Cookies

LUNCH 13
Tuna Salad on Lettuce
w/Avocado, Three Bean
Salad
Sliced Melon

German Chocolate Cake

DINNER
Fish Tacos
Cucumber Salad
Red Cabbage Slaw
Vanilla Pudding

LUNCH 14
Lover's Shrimp
Linguini, Dinner Roll
Broccoli
Sweeties' Cherry Pie

DINNER
Meatloaf, Mashed Potatoes
Peas & Carrots
Passion Red Velvet Cupcakes

Valentine's Day

LUNCH 15
Baked Lemon Chicken
Brown Rice
Steamed Asparagus
Fruit Jell-O

DINNER
Classic Lasagna
Kale Salad
Garlic Bread
Peach Cobbler

LUNCH 16
Fish & Chips Tartar Sauce
Coleslaw
Chocolate Pudding

DINNER
Shepherd's Pie
Spinach Strawberry Salad
Cauliflower
Ambrosia Salad

LUNCH 17
Homemade Chili
Cornbread
Broccoli
Apple Pie

DINNER
Cheese Enchiladas
Spanish Rice
Refried Beans
Churros

LUNCH 18
Grilled Cheese
Tomato Soup
Zucchini Sticks
Chocolate Cake

DINNER
Stuffed Bell Peppers
Mashed Potatoes
Peas and Carrots
Marble Cake

LUNCH 19
BBQ Chicken
Steamed Squash
Roasted Potatoes
Fruit Cobbler

DINNER
Baked White Fish
Brown Rice
Roasted Green Beans
Coconut Cream Pie

LUNCH 20
Chef/s Salad
Dinner Roll
Eclairs

SPECIAL PRESIDENT'S DAY
DINNER
w/Celebrity Chef
Andre Rush

Presidents' Day

LUNCH 21
Chicken Lo Mein
Fried Brown Rice
Oriental Vegetables
Egg Custard

DINNER
Baked Ziti
Green Beans
Quinoa, Cookies

Mardi Gras

LUNCH 22
Tuna Melt
Tomato, Cucumber Salad
Sliced Watermelon, White
Cake

DINNER
Chicken Ranch Wrap
Mediterranean Salad
Potato Chips
Ice Cream
Ash Wednesday

LUNCH 23
Zucchini Noodle Salad
Roasted Eggplant
Peppermint Brownies

DINNER
Sweet & Sour Meatballs
Mashed Potatoes
Cauliflower
Jello

LUNCH 24
Breaded Fish
Brown Rice
Mixed Veggies
Strawberry Mousse

DINNER
Mac 'n' Cheese
Broccoli
Dinner Roll
Tapioca Pudding

LUNCH 25
Turkey Burger
Sweet Potato Fries
Dil Pickles
Ice Cream Sandwich

DINNER
Baked Chicken
Arugula Walnut Salad
Quinoa
Chocolate Cake

LUNCH 26
Egg Salad Croissants
Fresh Fruit
Beet Salad
Coffee Cake

DINNER
Vegetable Egg Rolls
Stir Fried Vegetables
Oriental Salad
Lemon Meringue Pie

LUNCH 27
Eggplant Parmesan
Garlic Bread
Steamed Carrots
Lemon Cake

DINNER
Beef Stroganoff
Egg Noodles
Roasted Potatoes
Cherry Pie

LUNCH 28
Grilled Tilapia
Green Beans
Quinoa
Cookies

DINNER
Stuffed Cabbage
Garlic Bread
Peas and Carrots
Fruit Cobbler

February 2023