

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Evergreen Assisted Living
February 2024
Monthly Menu

				<p><u>LUNCH</u> 1 Shrimp Cobb Salad w/Ranch Dressing, Dinner Roll Peach Turnover</p> <p><u>DINNER</u> Meatloaf Mashed Potatoes & Gravy Green Beans Apple Pie</p>	<p><u>LUNCH</u> 2 Roasted Eggplant, Yogurt Sauce Mediterranean Chickpea Salad Fruit Parfait</p> <p><u>DINNER</u> Chicken Piccata w/Angel Hair Pasta Garlic Bread, Caprese Salad Banana Cream Pie Groundhog Day</p>	<p><u>LUNCH</u> 3 Hot Dog Mixed Fruit, Potato Salad Ice Cream</p> <p><u>DINNER</u> Roasted Salmon Quinoa Asparagus Chocolate Cake</p>
<p><u>LUNCH</u> 4 Grilled Cheese Tomato Soup Chopped Fruit Cookies</p> <p><u>DINNER</u> Yankee Pot Roast Yukon Potatoes Steamed Cauliflower Brownies</p>	<p><u>LUNCH</u> 5 Fish & Chips Coleslaw Celery & Carrots Chocolate Pudding</p> <p><u>DINNER</u> Chicken Pot Pie Steamed Broccoli Biscuit, Jello</p>	<p><u>LUNCH</u> 6 BLT Sandwich Sliced Watermelon Onion Rings, Cupcakes</p> <p><u>DINNER</u> Chicken Parmesan Dinner Roll Roasted Carrots Peaches 'n' Creme</p>	<p><u>LUNCH</u> 7 Florentine Quiche Dinner Roll Mixed Veggies Lemon Meringue Pie</p> <p><u>DINNER</u> Beef Enchiladas Refried Beans Guacamole & Pico de Gallo Churro</p>	<p><u>LUNCH</u> 8 Shrimp Scampi Garlic Bread, Green Beans Strawberry Turnover</p> <p><u>DINNER</u> Herb Chicken Brown Rice, Peas and Carrots Gelato</p>	<p><u>LUNCH</u> 9 Pepperoni Pizza Walnut Arugula Salad Balsamic Vinaigrette Creme Puffs</p> <p><u>DINNER</u> Beef Stew Red Roasted Potatoes, Cornbread Strawberry Mousse</p>	<p><u>LUNCH</u> 10 Sloppy Joes Watermelon slices, Pasta Salad Apple Pie</p> <p><u>DINNER</u> BBQ Ribs, Corn on the Cobb Mashed Potatoes Red Velvet Cake</p> <p>Lunar New Year (Dragon)</p>
<p><u>LUNCH</u> 11 Fish Tacos w/Tartar Sauce Sliced Melon & Grapes Mediterranean Chickpea Salad Key Lime Pie</p> <p><u>DINNER</u> Shepherds Pie Green Beans, Quinoa Strawberry Mousse Super Bowl Sunday</p>	<p><u>LUNCH</u> 12 Berry Chicken Spinach Salad Dinner Roll, Balsamic Vinagrette Ambrosia Salad</p> <p><u>DINNER</u> Beef N Broccoli White Rice, Orange Slice Egg Custard</p>	<p><u>LUNCH</u> 13 Crab Cakes Tartar Sauce, Lemon Ceasar Salad Tapioca Pudding</p> <p><u>DINNER</u> Mac & Cheese Steamed Carrots, Dinner Roll Carrot Cake Fat Tuesday / Mardi Gras</p>	<p><u>LUNCH</u> 14 Lover's Spaghetti & Meatballs Roasted Asparagus, Garlic Bread Chocolate Lava Cake</p> <p><u>DINNER</u> Turkey Meatloaf Mashed Potatoes, Veggies Boston Crème Pie</p> <p>Ash Wednesday / Valentine's Day</p>	<p><u>LUNCH</u> 15 Turkey Wrap Potato Chips, Pasta Salad White Cake</p> <p><u>DINNER</u> Chicken Pot Pie Steamed Broccoli Biscuit Jello</p>	<p><u>LUNCH</u> 16 Philly Cheese Steak Onion Rings, Fresh Fruit Marble Cake</p> <p><u>DINNER</u> Chicken Lo Mein Stir Fry Veggies, Fried Rice Egg Custard</p>	<p><u>LUNCH</u> 17 Adobo Chicken Walnut Arugula Salad, Brown Rice Pineapple Upside Down Cake</p> <p><u>DINNER</u> Tuna Casserole Dinner Roll, Mixed Veggies Chocolate Pudding</p>
<p><u>LUNCH</u> 18 Fish & Chips, Tartar Sauce, Coleslaw Peaches 'n' Crème</p> <p><u>DINNER</u> BBQ Chicken Baked Potatoes Corn on Cobb Apple Pie</p>	<p><u>LUNCH</u> 19 Steak & Shrimp Fajitas Red Rice, Refried Beans Tres Leches Cake</p> <p><u>DINNER</u> Chef's Salad, Dressing Dinner Roll Banana Pudding</p> <p>Presidents' Day</p>	<p><u>LUNCH</u> 20 Tuna Melt Tomato Cucumber Salad Grapes & Melon Mix Cupcakes</p> <p><u>DINNER</u> Braised Short Rib Steamed Broccoli White Rice Keylime Pie</p>	<p><u>LUNCH</u> 21 Ruben Sandwhich Corn Black Bean Salad Potato Salad Apple Pie</p> <p><u>DINNER</u> Teriyaki Chicken Brown Rice, Brussel Sprouts Cheese Cake</p>	<p><u>LUNCH</u> 22 Baked Turkey Mashed Potato w/Gravy Green Beans, Pumpkin Pie</p> <p><u>DINNER</u> Lamb Stew, Biscuits Roasted Potatoes Cookies</p>	<p><u>LUNCH</u> 23 Chicken Alfredo Garlic Bread, Roasted Cauliflower Peach Turnover</p> <p><u>DINNER</u> Roasted Salmon Quinoa, Broccoli Marble Cake</p>	<p><u>LUNCH</u> 24 Chicken a la King Barley Pilaf, Steamed Carrots Sponge Cake</p> <p><u>DINNER</u> Swedish Meatballs Mashed Potatoes, Green Beans Lemon Cake</p>
<p><u>LUNCH</u> 25 Flourentine Quiche Dinner Roll, Asparagus Brownies</p> <p><u>DINNER</u> BBQ ribs Peas 'n' Carrots Baked Potato Chocolate Lava Cake</p>	<p><u>LUNCH</u> 26 Chicken Club Wrap French Fries, Garden Salad Fruit Parfait</p> <p><u>DINNER</u> Grilled Ham Sweet Mashed Potatoes Green Beans Cheese Cake</p>	<p><u>LUNCH</u> 27 Pulled Pork Sandwiches Onion Rings, Coleslaw Chocolate Cake</p> <p><u>DINNER</u> Beef Goulash Biscuits Mixed Veggies Strawberry Mousse</p>	<p><u>LUNCH</u> 28 Cheeseburgers Fries, Fresh Fruit Ice Cream</p> <p><u>DINNER</u> Homemade Chili Roasted Potatoes, Cornbread Cheese Cake</p>	<p><u>LUNCH</u> 29 Crab Cakes, Tartar Sauce Lemon wedge, Ceasar Salad Creme Puffs</p> <p><u>DINNER</u> Sheperd's Pie Cous Cous, Dinner Roll Chef's Dessert</p> <p>Leap Day</p>		