

Monday February 3, 2025

Tuesday February 4, 2025 Wednesday February 5, 2025

Thursday February 6, 2025

Friday February 7, 2025

Saturday February 8, 2025

Sunday February 9, 2025

F A В K K

Ham & Cheese Frittata Toast **Applesauce** Juice of Choice Milk

Supreme Pizza

Caesar Salad

7-Up Cake

Lemonade

Milk

Honey Glazed Turkey

Sweet Potato Wedges

Mixed Vegetables

Dinner Roll or Bread

Caramel Apple Cake

Milk

Cereal of Choice

Apple Pancakes Sausage Links Mandarin Oranges Juice of Choice Milk Cereal of Choice

Breakfast Sausage Burrito Fresh Banana Juice of Choice Milk

Cereal of Choice

Turkey Sausage Patty Fruit Cocktail Juice of Choice Milk

Western Omelet Cinnamon French Toast Toast **Diced Pears** Juice of Choice Milk Cereal of Choice Cereal of Choice

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Fried Eaa Canadian Bacon **Enalish Muffin** Berry Cup Juice of Choice Milk Cereal of Choice Eaa & Cheese on Bacon Croissant Diced Peaches Juice of Choice Milk Cereal of Choice

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> Gyro Tzatziki Greek Pasta Salad Rice Puddina Lemonade Milk

Pork Medallions Oven Roasted Potatoes Dilled Baby Carrots Dinner Roll or Bread Blonde Brownie Lemonade Milk

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E R

BBO Chicken Chuckwagon Corn Broccoli Au Gratin Rosy Pears Lemonade Milk

Mushroom & Swiss Cheese Hamburger Lettuce Tomato and Onion Delmonico Potatoes Three Bean Salad Rocky Road Pudding Lemonade Milk

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Baked Ziti with Meatsauce Tossed Salad with Dressing Breadstick Lemon Bar Lemonade Milk

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Meatloaf Brown Gravv Garlic Mashed Potatoes Italian Vegetable Blend Dinner Roll or Bread Cranberry Velvet Gelatin Dessert Lemonade Milk

D N N E R

> Chicken Pot Pie Stewed Tomatoes Chocolate Raspberry Bar Milk

Chicken Salad Sandwich French Onion Soup Capri Vegetable Blend Lemon Pudding Tart Milk

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Beef Soft Tacos Spanish Rice Black Bean Salad Key Lime Pie Milk

Fried Popcorn Shrimp Cocktail Sauce Crinkle Cut Fries **Baked Beans** Cinnamon Crispies Cookie Milk

N E R

Ham & Cheese on a Croissant Chicken Noodle Soup Roasted Asparagus Cinnamon Baked Apples Milk

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> Grilled Two Cheese Sandwich Cream of Tomato Soup Caribbean Vegetable Blend Chocolate Chip Cookie Milk



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Monday February 10, 2025

Tuesday February 11, 2025 Wednesday February 12, 2025

Thursday February 13, 2025 Friday February 14, 2025

Saturday February 15, 2025

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Sunday February 16, 2025

F A

Pancakes Fruit Cocktail

Milk

Hashbrown Patty **Diced Pears** Juice of Choice

Cereal of Choice

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Scrambled Egg with Onions Bacon Assorted Danish

Berry Cupl Juice of Choice Milk

Cereal of Choice

Egg & Canadian Bacon Breakfast Sandwich Applesauce Juice of Choice Milk

Cereal of Choice

Rancher's Chicken

Duchess Potatoes

Normandy Vegetable Blend

Dinner Roll or Bread

Chocolate Mousse

Lemonade

Milk

Hawaiian Ham

Hashbrown Casserole

Zucchini & Onions

Dinner Roll or Bread

Margarita Cake

Milk

Sausage Links Toast Mandarin Oranges Juice of Choice Milk

Scrambled Eggs

Cereal of Choice

Toast Fresh Banana Juice of Choice Milk

Denver Omelet

Cereal of Choice

Turkey Sausage Patty Juice of Choice

Cereal of Choice

Huevos Rancheros Milk

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Waffle with Strawberries Turkey Sausage Link Diced Peaches Juice of Choice Milk

Cereal of Choice

L U N C H

> BBQ Beef Brisket Mashed Sweet Potato Broccoli & Cauliflower Dinner Roll or Bread Sugar Cookie Lemonade

Italian Sausage on a Bun Tater Tots Buttered Green Beans Chocolate Chip Bar Lemonade Milk

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Beef Chili with Beans Tossed Salad with Dressing Cornbread S'more Pudding Parfait Lemonade Milk

Apple Ginger Pork Chop Parslied New Potatoes Spinach with Mushrooms Dinner Roll or Bread Cinnamon Applesauce Lemonade Milk

Cheese Ravioli Casserole Lemony Rocket Salad w/ Dressing Garlic Bread Italian Ice Lemonade Milk

Marinated Chicken Baked Sweet Potato with Cinnamon Butter Cream Cheese Corn Dinner Roll or Bread Apple Betty Lemonade Milk

D N NER

> Turkey Teriyaki Pineapple Rice Pilaf Honey Ginger Baby Carrots Dinner Roll or Bread Strawberry Delight Gelatin Milk

Milk

Chicken Alfredo with Fettuccine Noodles Capri Vegetable Blend Breadstick Pineapple Dream Milk

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> Sweet & Sour Pork Steamed Rice Asian Vegetable Blend Dinner Roll or Bread Peach Crisp Milk

Beer Battered Fish Steak Fries Creamy Coleslaw Dinner Roll or Bread Chocolate Brownie Milk

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E R

Sloppy Joe on a Bun **Onion Rings** Green Peas w/ Red Peppers Gelatin Jewels Milk

Ham & Pea Tortellini **Baby Carrots** Dinner Roll or Bread Assorted Ice Cream Milk

E R



Powerlink Nutritional Services



Monday February 17, 2025

French Toast

Canadian Bacon

Applesauce

Juice of Choice

Milk

Cereal of Choice

Tuesday February 18, 2025 Wednesday February 19, 2025 Thursday February 20, 2025 Friday February 21, 2025 Saturday February 22, 2025 Sunday February 23, 2025

R R E A K F A S T

Sausage Omelet Apple Cinnamon Muffin Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Fried Egg Turkey Sausage Patty Toast Fresh Banana Juice of Choice Milk

Cereal of Choice

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Western Scrambled Eggs
Bacon
Toast
Fruit Cocktail
Juice of Choice
Milk

Cereal of Choice

Scrambled Eggs
Corned Beef Hash
Toast
Diced Pears
Juice of Choice
Milk
Cereal of Choice

Hard Cooked Egg Sausage Links Cinnamon Roll Berry Cup Juice of Choice Milk Cereal of Choice

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Blueberry Pancakes Bacon Diced Peaches Juice of Choice Milk

Cereal of Choice

LUNCH

Marinated Flank Steak
Parmesan Basil Orzo
Mixed Vegetables
Lemon Cake w/ Lemon Icing
Lemonade
Milk

Milk

Chicken Club Wrap
Minestrone Soup
Chocolate Eclair Bar
Lemonade
Milk

b Wrap Cranberry Glazed Ham
e Soup Au Gratin Potatoes
clair Bar Greens
ade Dinner Roll or Bread
Sugar Cookie
Lemonade
Milk

Beef & Bean Burrito Mexican Corn Churros Lemonade Milk Tuna Melt Peas & Carrots Boston Cream Pie Lemonade Milk

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Meatballs with Sauce Spaghetti Noodles Capri Vegetable Blend Garlic Bread Blueberry Cheesecake Bar Lemonade Milk Pot Roast with Oven Roasted Potatoes Roasted Baby Carrots Dinner Roll or Bread Fruit Crisp Lemonade Milk

DINNER

Veal Cutlet with Mushroom Sauce Herb Buttered Linguini California Vegetable Blend Dinner Roll or Bread Modified Deluxe Fruit Salad Milk Beef Stroganoff Egg Noodles Winter Vegetable Blend Dinner Roll or Bread Cookies & Cream Pie Milk Lemon Pepper Turkey Roasted Sweet Potato Spinach with Garlic Dinner Roll or Bread Chocolate Chip Bread Pudding Milk Chicken Teriyaki Pineapple Rice Pilaf Asian Vegetable Blend Dinner Roll or Bread Yellow Cupcake w/ Chocolate Frosting Milk

E R

BBQ Pork Roast Hashbrown Casserole Cauliflower Strawberry Applesauce Milk Chili Cheese Dog Homemade Potato Chips Tossed Salad with Dressing Mandarin Orange Delight Gelatin Milk

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Supreme Pizza

Spring Mix with Dressing

Breadstick

Pineapple Cream Gelatin

Milk



Monday February 24, 2025

Scrambled Eggs

Bacon

Assorted Danish Applesauce

Juice of Choice

Milk

Cereal of Choice

Tuesday February 25, 2025 Wednesday February 26, 2025 Thursday February 27, 2025 Friday February 28, 2025 Saturday March 1, 2025 Sunday March 2, 2025

BREAKFAST

Fried Egg

Sausage Links Toast Mandarin Oranges

Juice of Choice Milk

Cereal of Choice

Hard Cooked Egg Canadian Bacon Toast Fresh Banana Juice of Choice

Milk Cereal of Choice

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French Toast Casserole Turkey Sausage Patty Fruit Cocktail Juice of Choice Milk

Cereal of Choice

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Scrambled Eggs Breakfast Ham Toast Diced Pears Juice of Choice

Milk Cereal of Choice

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Potato Omelet Coffee Cake Berry Cup Juice of Choice

Milk Cereal of Choice

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Waffle Turkey Sausage Link Diced Peaches Juice of Choice Milk

Cereal of Choice

LUNCH

Fried Chicken
Parslied Mashed Potatoes
California Vegetable Blend
Dinner Roll or
Bread Fruit Fling
Lemonade
Milk

Lasagna with Meatsauce
Italian Green Beans
Garlic Bread
Lemon Pudding Cake
Lemonade
Milk

Roast Beef Au Jus Baked Potato Sour Cream Broccoli Florets Dinner Roll or Bread Peaches & Cream Gelatin Dessert Lemonade Braised Pork Tips
Roasted Red Skin Potatoes
Buttered Green Peas
Dinner Roll or Bread
Harvest Cake
Lemonade
Milk

Tuna Noodle Casserole Prince Edward Vegetable Blend Breadstick Strawberry Cake with Frosting Lemonade Milk

Herbed Turkey Turkey Gravy Apple Bread Dressing Zucchini Caramel Brownie Lemonade Milk Chicken & Dumplings Peas & Carrots Dinner Roll or Bread Lime Dream Cake Lemonade Milk

DINNER

Bourbon Maple Glazed Ham Corn Casserole Spinach Au Gratin Dinner Roll or Bread Cinnamon Applesauce Milk Pizza Casserole Sicilian Vegetable Blend Marbled Cheesecake Milk

Milk

Chicken Tenders
Dipping Sauce
Cottage Fries
Italian Vegetable Blend
Dinner Roll or Bread
Cherry Cobbler
Milk

Blue Cheese Hamburger Lettuce Tomato Onion & Pickle Sidewinder Fries Marinated Cucumber Salad Chocolate Ice Cream Milk

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E R

Pork Vegetable Stew Tossed Salad Assorted Salad Dressing Biscuit Chocolate Tart Milk Breaded Veal Cutlet Lemon Herb Butter Sauce Sweet Potato Wedges Winter Vegetable Blend Dinner Roll or Bread Coconut Cream Pie Milk



Swedish Meatballs

Egg Noodles

Parsley Buttered Carrots

Dinner Roll or Bread

Chocolate Tango Pudding

Milk

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