



February Centra Care Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 SMOTHERED PORK ROASTED CARROTS FRESH CUT FRUIT WHOLE GRAIN ROLL	2 Groundhog Day CHEF SALADS WITH HAM, TURKEY AND CHEESE APPLE COBBLER WITH WHIPPED TOPPING WHOLE GRAIN ROLL
5 SAUSAGE AND EGG STRATA POTATOES O'BRIAN FRESH FRUIT ENGLISH MUFFIN	6 GRILLED CHEESE ON TEXAS TOAST CREAMY TOMATO SOUP FRESH FRUIT WHEAT CRACKERS	7 PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	8 HUNGARIAN GOULASH TOSSED SALAD FRESH CUT FRUIT WHOLE GRAIN ROLL	9 LASAGNA WITH ITALIAN SAUSAGE BROCCOLI CAULIFLOWER AND CARROTS FRESH CUT FRUIT WHOLE GRAIN ROLL
12 Lincoln's B-Day HEARTY BEEF STEW TOSSED SALAD WITH DRESSINGS FRESH SEASONAL FRUIT BUTTERMILK BUISCUT	13 Mardi Gras CHICKEN CACCIATORE GREEN BEANS PINEAPPLE CHUNKS WHOLE GRAIN ROLL	14 Valentine's Day CHEESE QUICHE PORK SAUSAGE LINKS CINNAMON APPLES FRUIT MUFFIN	15 HOMEMADE MEATLOAF MASHED POTATOES CORN PUDDING WHOLE GRAIN ROLL	16 Chinese New Year FRIED TALAPIA COLESLAW BAKED BEANS HOUSE MADE TARTAR SAUCE HUSH PUPPIES
19 Presidents' Day HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP WITH ICE CREAM BUTTERMILK BISCUIT	20 SLOPPY JOE SCALLOPED POTATOES CHOCOLATE ZUCCHINI CAKE WHOLE WHEAT BUN	21 COUNTRY FRIED CHICKEN MASHED POTATOES SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	22 CHICKEN AND WILD RICE SOUP TOSSED SALAD FRESH PINEAPPLE WHOLE GRAIN ROLL	23 VEGETABLE LASAGNA TOSSED SALAD W/ DRESSINGS BLUEBERRY AND CHERRY CRISP WHOLE GRAIN ROLL
26 HAM AND CHEDDAR CROISSANT COLESLAW PEACH COBBLER W/ ICE CREAM POTATO CHIPS	27 PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS FRESH CUT FRUIT WHOLE GRAIN ROLL	28 SPAGHETTI WITH MEATSAUCE CEASAR SALAD STRAWBERRY CUPCAKES GARLIC ROLL		

Happy Valentine's Day

Each meal meets the new A.A.A. approved nutritional guidelines. All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

Senior Services



Southwest Michigan