

Senior Services of Northern Kentucky February 2015 Chilled Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
201	2	3	4	5	6
BRUNCH	Pineapple Topped Chicken - NKy/7013 Peas Sweet Potato Patties (2 ea) Dinner Roll / Promise Spread Orange Juice 100% Sponge Cake	Chicken and Potato Casserole - NKy/9315 Broccoli Whole Wheat Bread Promise Spread Apple Juice 100% Chocolate Elf Grahams	Beef Taco Salad - NKy/9313 Black Beans Corn Cinnamon Apple "Cobbler" Tortilla Chips Sour Cream pkt Mild Taco Sauce pkt	Meatloaf w/ Gravy - NKy/9072 Mashed Potatoes Spinach Dinner Roll / Promise Spread Orange Juice 100% Chocolate Chip Graham Grlpz	Rosemary Chicken - NKy/9039 Potato Wedges Vegetable Medley Whole Wheat Bread Promise Spread Banana
VEG	Diet same	Diet same	Diet same	Diet same	Diet same
1	9	10	11	12	13
BRUNCH	Spaghetti & Meatballs - NKy/9035 w/ Marinara Sauce Italian Vegetables Spinach / Vinegar Dinner Roll / Promise Spread Mandarin Oranges Parmesan Cheese	Steak Hoagie - NKy/9302 w/ Gravy & Onions Potato Wedges Baked Beans Hoagie Bun Fresh Orange	Broccoli Cheddar Chicken - NKy/9031 White Rice Mixed Vegetables Corn Whole Wheat Bread Promise Spread Pineapple Tidbits	Beef & Noodles - NKy/9008 w/Gravy Green Beans Diced Carrots Dinner Roll / Promise Spread Banana Pineapple Juice 100%	Roast Turkey w/ Gravy - NKy/9005 Mashed Potatoes Vegetable Medley Dinner Roll / Promise Spread Apple Juice 100% Chocolate Elf Grahams
VEG	Diet same	Diet same	Diet same	Diet same	Diet same
2	16	17	18	19	20
BRUNCH	Salsbury Steak w/Gravy - NKy/9029 Whipped Sweet Potatoes Mixed Vegetables Whole Wheat Bread Promise Spread Mandarin Oranges Chocolate Elf Grahams	Corander Chicken & Brown Rice - NKy/9023 w/ Gravy Broccoli Carrots Dinner Roll / Promise Spread Peas	Hamburger - NKy/9071 Great Northern Beans Broccoli Bun Pineapple Ketchup	Grilled Chicken w/BBQ Sauce - NKy/9049 Potato Wedges Broccoli with Cheese Bun Banana	Italian Chicken - NKy/9042 w/ Marinara Sauce Spaghetti Italian Vegetables (incl Soybeans) Whole Wheat Bread/Promise Spread Strawberry Applesauce
VEG	Diet same	Diet same	Diet same	Diet same	Diet same
3	PRESIDENTS DAY				
4	23	24	25	26	27
BRUNCH	Baked Chicken w/ Gravy - NKy/9075 Herb Dressing Broccoli Green Beans w/ Almonds Whole Wheat Bread Promise Spread Applesauce Chocolate Sponge Cake	Country Fried Steak w/ Gravy - NKy/9063 Potato Wedges Green Beans Whole Grain Bun Fresh Orange Chocolate Elf Grahams	Chicken Stew - NKy/7022 (w/ Red Skin Potatoes/ Peas/ Carrots) Mixed Vegetables (2 servings) Dinner Roll / Promise Spread Pineapple Juice 100% Goldfish Graham Crackers	Chili w/ Spaghetti - NKy/9064 Vegetable Medley (2 servings) Cheddar Cheese Saline Crackers (2 pks) Fresh Apple	Italian Meatloaf - NKy/7036 In Savory Tomato Sauce Spaghetti Italian Vegetables Dinner Roll Pineapple Tidbits
VEG	Diet same	Diet same	Diet same	Diet same	Diet same

Complete meal consists of: 3 oz Protein, 2 servings of Vegetables, (17 oz cup eq), 1 serving of Fruit (1/2 cup) or Juice (4 oz), 2 servings of Bread/Starch, and 8 oz Milk (1/2 pint)