

<p><b>Monday 1 Feb 10 (1)</b>  <b>LUNCH</b> – Swiss Steak w/ Tomato Sauce, Baked Chicken, Sweet Italian Sausage, Peppers &amp; Onions, Harvest Blend Rice, Mashed Potatoes, Broccoli, Carrots  <b>Cannonball Sandwich, Chicken Nuggets</b></p> <p><b>DINNER</b> – Boneless Roast Turkey, Rib eye Steak, Tempura Fried Fish, Mashed Potatoes, Corn Bread Dressing, Succotash, Tempura Vegetables, Herbed Green Beans</p>	<p><b>Tuesday 2 Feb 10 (2)</b>  <b>LUNCH</b> – Fish w/Lemon/Garlic Butter, Pork Schnitzel, Beef Yakisoba, Mashed Potatoes, Ginger Rice, Spinach, Simmered Pinto Beans, Summer Squash, Steak and  <b>Cheese Sub, Cheese Fishwich</b></p> <p><b>DINNER</b> – Roast Loin of Pork, BBQ Beef Cubes, Chicken Fajitas, O'Brien Potatoes, Steamed Rice, Cauliflower, Corn on the Cob, Lima Beans</p>	<p><b>Wednesday 3 Feb 10 (3)</b>  <b>LUNCH</b> – Southern Fried Chicken, Fried Catfish, BBQ Spareribs, Macaroni and cheese, Red beans and Rice, Black-eyed Peas, Collard Greens, Corn on the Cob,  <b>Cheese Pizza, Reuben Sandwich</b></p> <p><b>DINNER</b> – Spaghetti w/ Meat Sauce, Swiss Steak w/ Brown Gravy, Fried Chicken, Brown Rice, Mashed Potatoes, Fried Cauliflower, Asparagus, Cabbage</p>	<p><b>Thursday 4 Feb 10 (4)</b>  <b>LUNCH</b> – Pork Chops w/ Mushroom Gravy, Salisbury Steak, Tempura Fried Fish, Rissolle Potatoes, Steamed Rice, Broccoli, Peas &amp; Carrots, Steamed  <b>Corn, Buffalo Wings, Roast Beef Sub</b></p> <p><b>DINNER</b> – Pepper Steak, Pasta Primavera, Mr. Z's Baked Chicken, Steamed Rice, Mashed Potatoes, Fried Okra, Green Beans, Mixed Vegetables</p>	<p><b>Friday 5 Feb 10 (5)</b>  <b>LUNCH</b> – Fried Shrimp, Boneless Roast Turkey, Beef Stew, Egg Noodles, Steamed Rice, Corn on the Cob, Cauliflower, Collard Greens, <b>BBQ Pork Sandwich, Burritos</b></p> <p><b>DINNER</b> – Chili Macaroni, BBQ Chicken, Southern Fried Catfish, Crispy Potato Wedges, Spanish Rice, Fried Cabbage, Steamed Carrots, Broccoli</p>	<p><b>Saturday 6 Feb 10 (6)</b>  <b>LUNCH</b> – Savory Baked Chicken, Swedish Meatballs, Baked Lemon Onion Fish, Mashed Potatoes, Steamed Rice, Creamed Corn, Asparagus, Summer Squash</p> <p><b>DINNER</b> – Baked Fish, Simmered Knockwurst, Chinese 5-Spice Chicken, Parsley Buttered Potatoes, Spicy Brown Rice Pilaf, Vegetable Stir Fry, Boston Baked Beans, Spinach</p>	<p><b>Sunday 7 Feb 10 (7)</b>  <b>LUNCH</b> - Oven Fried Fish, BBQ Spareribs, Chicken Breast Parmesan, Baked Macaroni/Cheese, O'Brien Potatoes, Peas, Sweet Potatoes, Broccoli Combo,</p> <p><b>DINNER</b> – Stir Fry Beef w/ Broccoli, Turkey Nuggets, Pork Chop Sue, Baked Potatoes, Rice Pilaf, Corn on the Cob, Green beans, Peas</p>
<p><b>Monday 8 Feb 10 (8)</b>  <b>LUNCH</b> – Pot Roast, Baked Stuffed Fish, Roast Pork Loin, Oven Brown Potatoes, Steamed Rice, Succotash, Green Beans w/ Mushrooms, Cauliflower Combo,  <b>Pork rib, Steak and Cheese Sub</b></p> <p><b>DINNER</b> – Spaghetti w/ Meat Sauce, Strip Loin Steak, Roast Turkey, Baked Potatoes, Pea &amp; Pepper Rice, Summer Squash, Glazed Carrots, Broccoli</p>	<p><b>Tuesday 9 Feb 10 (9)</b>  <b>LUNCH</b>- Country Captain Chicken, Meatloaf, Turkey Ala King, Steamed Rice, Mashed Potatoes, Tempura Vegetables, Mustard Greens, Okra/ Tomato Gumbo <b>Pizza, Buffalo wings</b></p> <p><b>DINNER</b>– Teriyaki Chicken, Veal Parmesan, Cheddar Baked Fish, Steamed Rice, Parsley Buttered Potatoes, Fried Cabbage, Succotash, Steamed Carrots,</p>	<p><b>Wednesday 10 Feb 10 (10)</b>  <b>LUNCH</b> – Sweet –N- Sour Pork, Sukiyaki, Szechwan Chicken, Pork Fried Rice, Steamed Rice, Broccoli, Cauliflower Combo, Chow Mein Noodles  <b>Cheese Fishwich, Monte Cristo Sand</b></p> <p><b>DINNER</b> – – Lemon-Herbed Chicken, Sweet &amp; Sour Pork, Jambalaya, Steamed Rice, Scalloped Potatoes, Mexican Corn, Broccoli, Cauliflower Combo</p>	<p><b>Thursday 11 Feb 10 (11)</b>  <b>LUNCH</b> – Herbed Baked Chicken, Beef &amp; Noodles, Southern Fried Catfish, Mashed Potatoes, Black-eyed Peas w/ Rice, Glazed Sweet Potatoes, Mixed Vegetables, Peas,  <b>Cannonball Sandwich, Fried Chicken Patty</b></p> <p><b>DINNER</b> – Roast Pork Loin, Veal Jaegerschnitzel, Chicken Cordon Bleu, Potato Halves, Orange Rice, Steamed Carrots, Corn Combo, Simmered Pinto B</p>	<p><b>Friday 12 Feb 10 (12)</b>  <b>LUNCH</b> - Mexican baked Chicken, Country Style Steak, Onion Lemon Baked Fish, Mashed Potatoes, Baked Mac/Cheese, Corn–on-cob, Spanish style beans, Peas/Carrots,  <b>BBQ Pork Sandwich, Chicken nuggets</b></p> <p><b>DINNER</b> – Lasagna, Spaghetti w/meat Sauce, Chicken Cacciatore, Steamed Rice, Italian Style Baked Beans, Corn `O'Brien, Broccoli, Cauliflower Parmesan</p>	<p><b>Saturday 13 Feb 10 (13)</b>  <b>LUNCH</b> – Crispy Baked Chicken, Baked Canned Ham, Beef Yakisoba, Raisin Sauce, Baked Potatoes, Spicy Brown Pilaf Rice, Broccoli, French Style Peas, Glazed Carrots</p> <p><b>DINNER</b> – Fish Almandine, Pork Chops w/Brown Gravy, Stir Fry Chicken w/ Broccoli, Rissolle Potatoes, Rice Pilaf, Calico Corn, Club Spinach, Fried Okra</p>	<p><b>Sunday 14 Feb 10 (14)</b>  <b>LUNCH</b> - Sauerbraten, Baked Fish, Chicken Parmesan, Au Gratin Potatoes, Egg Noodles, Fried Cabbage, Mixed Vegetables, Cauliflower Combo</p> <p><b>DINNER</b> – Ginger BBQ Chicken, Cajun Meatloaf, Beef Manicotti/Cannelloni, Crispy Potato Wedges, Mashed Potatoes, Black Eyed Peas, Collard Greens, Corn O' Brien</p>

<p><b>Monday 15 Feb 10 (1)</b>  <b>President's Day</b>  <b>LUNCH –</b>  Steamship Round, Southern Fried Catfish, Dijon Chicken, Steamed Rice, Obrien Potatoes, Peas&amp;Carrots, Corn Combo, Broccoli</p> <p><b>DINNER –</b> Boneless Roast Turkey, Rib eye Steak, Tempura Fried Fish, Mashed Potatoes, Corn Bread Dressing, Succotash, Tempura Vegetables, Herbed Green Beans</p>	<p><b>Tuesday 16 Feb 10 (2)</b>  <b>LUNCH –</b> Fish w/Lemon/Garlic Butter, Pork Schnitzel, Beef Yakisoba, Mashed Potatoes, Ginger Rice, Spinach, Simmered Pinto Beans, Summer Squash, <b>Steak and Cheese Sub, Cheese Fishwich</b></p> <p><b>DINNER –</b> Roast Loin of Pork, BBQ Beef Cubes, Chicken Fajitas, O'Brien Potatoes, Steamed Rice, Cauliflower, Corn on the Cob, Lima Beans</p>	<p><b>Wednesday 17 Feb 10 (3)</b>  <b>LUNCH –</b> Lasagna, Italian-Style Veal, Italian Sausage, Franconia Potatoes, Spring Garden Rice, Italian-Style Baked Beans, Green beans Parsisenne, Calico Corn, Garlic Bread <b>Chicken Fingers, Cheese Fishwich</b></p> <p><b>DINNER –</b> Spaghetti w/ Meat Sauce, Swiss Steak w/ Brown Gravy, Fried Chicken, Brown Rice, Mashed Potatoes, Fried Cauliflower, Asparagus, Cabbage</p>	<p><b>Thursday 18 Feb 10 (4)</b>  <b>LUNCH –</b> Pork Chops w/ Mushroom Gravy, Salisbury Steak, Tempura Fried Fish, Rissole Potatoes, Steamed Rice, Broccoli, Peas &amp; Carrots, Steamed <b>Corn, Buffalo Wings, Roast Beef Sub</b></p> <p><b>DINNER –</b> Pepper Steak, Pasta Primavera, Mr. Z's Baked Chicken, Steamed Rice, Mashed Potatoes, Fried Okra, Green Beans, Mixed Vegetables</p>	<p><b>Friday 19 Feb 10 (5)</b>  <b>LUNCH –</b> Fried Shrimp, Boneless Roast Turkey, Beef Stew, Egg Noodles, Steamed Rice, Corn on the Cob, Cauliflower, Collard Greens, <b>BBQ Pork Sandwich, Burritos</b></p> <p><b>DINNER –</b> Chili Macaroni, BBQ Chicken, Southern Fried Catfish, Crispy Potato Wedges, Spanish Rice, Fried Cabbage, Steamed Carrots, Broccoli</p>	<p><b>Saturday 20 Feb 10 (6)</b>  <b>LUNCH –</b> Savory Baked Chicken, Swedish Meatballs, Baked Lemon Onion Fish , Mashed Potatoes, Steamed Rice, Creamed Corn, Asparagus, Summer Squash</p> <p><b>DINNER –</b> Baked Fish, Simmered Knockwurst, Chinese 5-Spice Chicken, Parsley Buttered Potatoes, Spicy Brown Rice Pilaf, Vegetable Stir Fry, Boston Baked Beans, Spinach</p>	<p><b>Sunday 21 Feb 10 (7)</b>  <b>LUNCH -</b> Oven Fried Fish, BBQ Spareribs, Chicken Breast Parmesan, Baked Macaroni/Cheese, O'Brien Potatoes, Peas, Sweet Potatoes, Broccoli Combo,</p> <p><b>DINNER –</b> Stir Fry Beef w/ Broccoli, Turkey Nuggets, Pork Chop Sue, Baked Potatoes, Rice Pilaf, Corn on the Cob, Green beans, Peas</p>
<p><b>Monday 22 Feb 10 (8)</b>  <b>LUNCH –</b> Pot Roast, Baked Stuffed Fish, Roast Pork Loin, Oven Brown Potatoes, Steamed Rice, Succotash, Green Beans w/ Mushrooms, Cauliflower Combo, <b>Pork rib, Steak and Cheese Sub</b></p> <p><b>DINNER –</b> Spaghetti w/ Meat Sauce, Strip Loin Steak, Roast Turkey, Baked Potatoes, Pea &amp; Pepper Rice, Summer Squash, Glazed Carrots, Broccoli</p>	<p><b>Tuesday 23 Feb 10 (9)</b>  <b>LUNCH–</b> Teriyaki Chicken, Veal Parmesan, Cheddar Baked Fish, Steamed Rice, Parsley Buttered Potatoes, Fried Cabbage, Succotash, Steamed Carrots, <b>Pizza, Buffalo wings</b></p> <p><b>DINNER-</b> Country Captain Chicken, Meatloaf, Turkey Ala King, Steamed Rice, Mashed Potatoes, Tempura Vegetables, Mustard Greens, Okra/ Tomato Gumbo</p>	<p><b>Wednesday 24 Feb 10 (10)</b>  <b>LUNCH –</b>Mexican Bkd Chicken, Chicken Enchiladas, Beef Fajitas, Mexican Rice, Refried Beans, Calico Corn, Spanish Style Beans, Green Beans <b>Cheese Fishwich, Monte Cristo Sand</b></p> <p><b>DINNER – –</b> Lemon-Herbed Chicken, Sweet &amp; Sour Pork, Jambalaya, Steamed Rice, Scalloped Potatoes, Mexican Corn, Broccoli, Cauliflower Combo</p>	<p><b>Thursday 25 Feb 10 (11)</b>  <b>LUNCH –</b> Herbed Baked Chicken, Beef &amp; Noodles, Southern Fried Catfish, Mashed Potatoes, Black-eyed Peas w/ Rice, Glazed Sweet Potatoes, Mixed Vegetables, Peas, <b>Cannonball Sandwich, Fried Chicken Patty</b></p> <p><b>DINNER –</b> Roast Pork Loin, Veal Jaegerschnitzel, Chicken Cordon Bleu, Potato Halves, Orange Rice, Steamed Carrots, Corn Combo, Simmered Pinto Beans</p>	<p><b>Friday 26 Feb 10 (12)</b>  <b>LUNCH -</b> Mexican baked Chicken, Country Style Steak, Onion Lemon Baked Fish, Mashed Potatoes, Baked Mac/Cheese, Corn-on-cob, Spanish style beans, Peas/Carrots, <b>BBQ Pork Sandwich, Chicken nuggets</b></p> <p><b>DINNER –</b> Lasagna, Spaghetti w/meat Sauce, Chicken Cacciatore, Steamed Rice, Italian Style Baked Beans, Corn `O'Brien, Broccoli, Cauliflower -</p>	<p><b>Saturday 27 Feb 10 (13)</b>  <b>LUNCH –</b> Crispy Baked Chicken, Baked Canned Ham, Beef Yakisoba, Raisin Sauce, Baked Potatoes, Spicy Brown Pilaf Rice, Broccoli, French Style Peas, Glazed Carrots</p> <p><b>DINNER –</b> Fish Almandine, Pork Chops w/Brown Gravy, Stir Fry Chicken w/ Broccoli, Rissole Potatoes, Rice Pilaf, Calico Corn, Club Spinach, Fried Okra</p>	<p><b>Sunday 28 Feb 10 (14)</b>  <b>LUNCH -</b> Sauerbraten, Baked Fish, Chicken Parmesan, Au Gratin Potatoes, Egg Noodles, Fried Cabbage, Mixed Vegetables, Cauliflower Combo</p> <p><b>DINNER –</b> Ginger BBQ Chicken, Cajun Meatloaf, Beef Manicotti/Cannelloni, Crispy Potato Wedges, Mashed Potatoes, Black Eyed Peas, Collard Greens, Corn O' Brien</p>

