

Guadalupe Senior Center Menu February 2022

	1	2	3	4
	Braised Beef Tips Parsley Noodles Zucchini Stewed Tomato Wheat Dinner Roll Margarine Orange 1% Milk	Lemon Baked Fish Scandinavian Blend Baked Potato Cheddar Cheese Wheat Dinner Roll Margarine Tartar Sauce Sour Cream FF Sliced Peaches 1% Milk	Mexican Pork Chili Mexican Pinto Beans Chuck wagon Corn Salsa White Corn Tortillas Tropical Fruit 1% Milk	WW Spaghetti & Meatballs Italian Vegetables Tossed Salad w/ Red Cab & Tomato Italian Dressing Parmesan Cheese Garlic Bread Margarine Fruit Delight 1% Milk
7	8	9	10	11
Pork Stir Fry WG Brown Rice Oriental Vegetables Seasoned Cabbage Wheat Dinner Roll Margarine LS Soy Sauce Tropical Fruit 1% Milk	Beef Stew w/ Vegetables Tossed Salad w/ Red Cab & Tomato French Dressing Biscuit Margarine Strawberries & Bananas 1% Milk	Battered Pollock Fish Carrots Cabbage/ Kohlabi Coleslaw Wheat Dinner Roll Margarine Tartar Sauce Mandarin Oranges 1% Milk	Lasagna w/Meat sauce Italian Vegetables Tossed Salad Italian Dressing WG Garlic Bread Margarine Fruit Delight 1% Milk	Chili and Beans Shredded Cheese Diced Onion Corn Tossed Salad w/ Tomato and Red cabbage Ranch Dressing Margarine Whole Wheat Crackers Orange 1% Milk
14	15	16	17	18
Spanish Chicken Mexican Rice Mexican Pinto Beans Carrots White Corn Tortillas Margarine Strawberries w/ Topping 1% Milk	Ham & Beans Spinach Whole Grain Biscuit Margarine Vinegar Packet Fruit Delight 1% Milk	Tuna Noodle Casserole Shredded Cheddar Cheese Bread Crumbs Green Beans Cabbage Margarine Biscuit Cinnamon Applesauce 1% Milk	Hamburger American Cheese Lettuce, Tomato, Onion, Pickles Potato Wedges WG Hamburger Bun Ketchup, Mustard Mayo Orange 1% Milk	Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes Green Peas Wheat Bread Margarine Mandarin Oranges Graham Crackers 1% Milk
21	22	23	24	25
Closed 	Pot Roast W/ Onions, Potatoes & Carrots Pickled Beets Wheat Dinner Roll Margarine Orange 1% Milk	Meatball Grinder w/Shrd Mozzarella Italian Vegetables Tossed Salad Italian Dressing WW Hot Dog Bun Margarine Peaches 1% Milk	Mexican Goulash Vegetarian Pinto Beans Carrots White Corn Tortillas Orange 1% Milk	Oven Fried Chicken Chicken Gravy Mashed Potatoes Green Beans Wheat Roll Margarine White Cake w/ Strawberries Vanilla Ice Cream 1% Milk
28				
Roast Beef Au Jus Roasted Potatoes Spinach Wheat Dinner Roll Margarine Apple Sauce 1% Milk				