



NORTHSHORE ADULT DAY HEALTH & WELLNESS CENTER

Mon	Tue	Wed	Thu	Fri
 <p>February 2018</p>  <p>Lunch Served @ 12:15</p>			<p>1 Carrot raisin salad Swedish meatballs on noodles Spinach Fruit cocktail <i>Roll</i></p>	<p>2 Tossed salad Sautéed green peppers & Beef Rice with peas Pineapple <i>Roll</i></p>
<p>5 Tomato bisque soup Egg salad sandwich Pickled beet and onion salad Applesauce</p>	<p>6 Tossed salad Spaghetti and meat sauce Brussels sprouts Garlic bread <i>Pears</i></p>	<p>7 Cucumber salad Baked fish Baked sweet potato Green peas Pudding <i>Roll</i></p>	<p>8 Taco Casserole w/lettuce, beef, cheese, Rancho beans, salsa, sour cream Tortilla chips Pineapple <i>Flan</i></p>	<p>9 Pea and cheese salad Dijon chicken Roasted potatoes Zucchini and tomatoes Peaches <i>Roll</i></p>
<p>12 Tossed salad Cheese pizza with vegetables Fruit cocktail <i>Cookie</i></p>	<p>13 Vegetable soup Chicken salad sandwich Sun Chips <i>Applesauce</i></p>	<p>14 Mixed green salad Cordon bleu Wild Rice pilaf mix Spinach Sweetheart dessert <i>Roll</i></p>	<p>15 Broccoli salad French dip au jus French fries Peaches</p>	<p>16 Sweet and sour chicken Steamed rice Stir fry vegetables Mandarin orange Fortune cookie <i>Roll</i></p>
<p>19 CLOSED FOR PRESIDENT DAY</p>	<p>20 Baked chicken Scalloped potatoes Brussels sprouts Fruit crisp <i>Roll</i></p>	<p>21 Carrot raisin salad Smothered turkey cutlet with mushroom gravy Steamed rice Spinach Pears <i>Roll</i></p>	<p>22 Tossed salad Chicken parmesan Spaghetti Broccoli <i>Roll</i> <i>Fruit cocktail</i></p>	<p>23 Lemon pepper Pollock Roasted winter squash Mixed greens with vinegar Peaches <i>Roll</i> <i>Pudding</i></p>
<p>26 Tossed salad Cheese ravioli with red sauce Peas and carrots Applesauce <i>Roll</i></p>	<p>27 Meatloaf with gravy Baked potato Mixed vegetables Tropical fruit <i>Roll</i></p>	<p>28 Split pea soup Marinated vegetable salad Tuna Sandwich Pineapple</p>	<p>1% milk, roll or bread, and fortified margarine are available with all meals. All fresh produce is subject to availability. Substitutions may be made without notice.</p> <p><i>“This institution is an equal opportunity provider”</i></p>	