

**February 2023
Congregate Meal Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		February 1 Groundhog Day!! Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges	February 2 Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Fresh Seasonal Fruit Cookie	February 3 Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding
February 6 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread Fresh Orange	February 7 Western Omelet w/ Ham, Peppers, Onions, Cheese Sausage Patty Breakfast Potatoes English Muffin w/ Jelly BIRTHDAY CAKE!	February 8 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	February 9 Penne & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	February 10 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie
February 13 Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Broccoli & Cauliflower Blend Wheat Bread Fresh Fruit	February 14 Happy Valentine's Day!! Chicken Rosa Baked Potato w/ Sour Cream Sweet Peas & Onions Dinner Roll Strawberry Fluff	February 15 Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	February 16 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	February 17 Chicken Stew- 1c. 1/2c. Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c. Warm Peaches
February 20 President's Day!! CENTERS CLOSED	February 21 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	February 22 Baked Cod 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	February 23 Roasted Pork w/ Apples 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Mini Biscuit w/ Apple Butter Cookie	February 24 Tuna Salad Sandwich w/ Lettuce & Tomato 1/2c Potato Salad 1/2c Beets 2 Wheat Bread 1/2c Sliced Peaches
February 27 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit	February 28 Breaded Chicken Patty 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches			

Please call the center at 717-938-4649 or go to www.community.copilot21.com to reserve your meal by 10:30 AM at least one business day in advance.

*** Served daily: 8 ounces milk ~ All meals are subject to change ***