

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
<p>♥♥♥ HEART HEALTHY ENTREES</p>		<p><u>February 14</u> Valentine's Day <u>Surf & Turf Special</u> Cupid Cupcakes</p>	<p>Beef Short Ribs w/ Mushrooms & Onions Red Skin Mashed Potatoes Ranch Style Chicken Rice Pilaf ♥Lemon Herb Chicken Pizza Split Pea & Ham Soup Shrimp Cocktail Bar</p>	<p>Margarita Fajitas Chicken, Steak, Shrimp Spanish Rice, Frijoles ♥Chicken w/ Tequila Chipolte Adobo Chicken Taquitos Mixed Vegetables Beef Barley Soup Italian Pasta Bar</p>	<p>♥Salmon w/ Apricot Glaze Wild Rice Fresh Broccoli Corn ♥Italian Style Pork Tenderloin Mashed Potatoes/Pork Gravy ♥Chicken w/ 40 Cloves Garlic Ham & Lima Bean Soup Taco Chicken Fajita Bar</p>	<p>Beef Stroganoff Red Skin Mashed Potatoes Beef Gravy Fresh Broccoli Ranch Style Chicken Garden Wild Rice Chicken Tortilla Soup Chili & Cornbread Bar</p>
5	6	7	8	9	10	11
<p><u>Super Bowl Sunday</u> Carved Tri-Tip Beef Mashed Potatoes/Beef Gravy California Veggies Tequila Lime Chicken Saffron Cilantro Rice Pizza Vegetable Beef Soup Chicken Breast Bar</p>	<p>Buttermilk Baked Half Chicken Mashed Potatoes/Country Gravy Mixed Veggies Cheese Stuffed Shells Marinara Garlic Bread ♥Oven Browned Cod Chicken Rice Soup Chicken Osso Bucco Bar</p>	<p>Kung Pao Chicken Oriental Skirt Steak ♥Teriyaki Trout Vegetable Egg Rolls Sweet & Sour Sauce Fried Rice Oriental Veggies Italian Sausage Soup Hot Dog, Chicken Brat Bar</p>	<p><u>The Carving Station</u> Marinated Flank Steak, Turkey, Glazed Corned Beef, Ham Potato Medley w/ Ciabatta Kaiser & Pickles Spear ♥Tilapia Topped w/ Spinach & Cheese Wild Rice/Cut Green Beans Pizza Steak & Vegetable Soup Shrimp Cocktail Bar</p>	<p><u>Surf & Turf Special</u> Carved Filet Mignon Au Jus Horseradish Twice Baked Potato Fresh Asparagus/ Corn Fried Shrimp/Cocktail Sauce Jasmine Rice ♥Chicken Scaloppini Tomato Florentine Soup Italian Pasta Bar</p>	<p>Salmon w/ Chipolte Cream Sauce Rice Pilaf Fresh Zucchini Mauris Albondigas Beef Stroganoff Rotelle Pasta ♥Chicken w/ Mushroom & Balsamic Vinegar Clam Chowder Soup Taco Chicken Fajita Bar</p>	<p>♥Roast Turkey Mashed Potatoes Turkey Gravy Bread Dressing Cut Green Beans ♥Oven Browned Cod Rice Pilaf Chicken Vegetable Soup Chili & Cornbread Bar</p>
12	13	14	15	16	17	18
<p>Oriental Baby Back Ribs ♥Lemon Teriyaki Chicken w/ Pineapple Vegetable Egg Rolls Sweet & Sour Sauce Fried Rice Oriental Veggies Chicken Noodle Soup Chicken Breast Bar</p>	<p>Pork Roast Mashed Potatoes Pork Gravy Cut Green Beans ♥Chicken w/ Spinach & Feta Wild Rice/Peas Chili Lime Tilapia Pork Barley Soup Chicken Osso Bucco Bar</p>	<p><u>Valentine's Day</u> <u>Surf & Turf Special</u> Rib Eye Steaks Tempura Shrimp/Dipping Sauce Rice Pilaf Fresh Broccoli Roasted Herb Potatoes ♥Marsala Chicken Chicken Noodle Soup Hot Dog, Chicken Brat Bar</p>	<p>♥Salmon Fettuccine Alfredo Fresh Asparagus Dixie Fried Pork Chops Mashed Potatoes/Pork Gravy ♥Lemon Herb Chicken Pizza Wisconsin Cheddar Soup Shrimp Cocktail Bar</p>	<p>St. Louis Smoked Ribs w/ Huli Huli Sauce Au Gratin Potatoes Whole Green Beans ♥Southwestern Style Chicken Rice Pilaf ♥Oven Browned Orange Roughy Sausage Lentil Bar Soup Italian Pasta Bar</p>	<p>Barramundi Fish w/ Pine Nuts & Parmesan Rice Pilaf California Veggies Eye Of Round Beef Mashed Potatoes/Beef Gravy ♥Chicken Picante Corn Bacon Chicken Chowder Soup Taco Chicken Fajita Bar</p>	<p><u>Surf & Turf Special</u> Carved Filet Mignon Au Jus Horseradish Scalloped Potatoes Fresh Asparagus/Rice Pilaf Shrimp Scampi Pizza Chicken Lentil Soup Chili & Corn Bread Bar</p>
19	20	21	22	23	24	25
<p>3 Piece Honey Stung Fried Chicken Mashed Potatoes Country Gravy Mixed Vegetables ♥Oven Browned Tilapia Wild Rice Beef Barley Soup Chicken Breast Bar</p>	<p><u>Presidents' Day</u> 3 Piece Honey Stung Fried Chicken Mashed Potatoes/Country Gravy Mixed Veggies Swedish Meatballs ♥Oven Browned Red Snapper Minestrone Soup Chicken Osso Bucco Bar</p>	<p>Molasses Flank Steak Scaloped Potatoes Fresh Broccoli Chicken California Supreme Sauce Rice Pilaf ♥Pecan Crusted Tilapia Chicken Tortilla Soup Hot Dog, Chicken Brat Bar</p>	<p>Carved Tri Tip Beef Red Skin Mashed Potatoes Beef Gravy Carrot Slims/Peas ♥Chicken Veracruz Saffron Cilantro Rice ♥Oven Browned Tilapia Pizza Mauris Posole Shrimp Cocktail Bar</p>	<p><u>Surf & Turf Special</u> Carved Prime Rib Fingerling Potatoes Fresh Asparagus/Garden Wild Rice Shrimp Chipolte Cream Sauce ♥Mustard & Thyme Chicken Lentil Kielbasa Soup Italian Pasta Bar</p>	<p>♥Salmon Tango Garden Wild Rice Whole Green Beans Chipolte Short Ribs Mashed Potatoes/Beef Gravy ♥Vegetarian Linguine Primavera Mexican Chicken Soup Taco Chicken Fajita Bar</p>	<p>Beef Short Ribs Red Skin Mashed Potatoes Beef Gravy California Veggies ♥Salmon Seattle Garden Wild Rice Chicken Barley Soup Chili & Corn Bread Bar</p>
26	27	28				
<p>Carved Honey Ham Dijon Sauce Fresh Yams Whole Green Beans ♥Lemon Herb Chicken Rice Pilaf Chicken Rice Soup Chicken Breast Bar</p>	<p>Spaghetti & Meat or Marinara Sauce Garlic Bread/Italian Veggies/Corn ♥Chicken w/ Sage & Cremini Mushrooms ♥Oven Browned Sea Bass Turkey Rice Soup Chicken Osso Bucco Bar</p>	<p><u>Mardi Gras Fat Tuesday</u> Louisiana Gumbo Cajun Barbecue Shrimp Jamaican Jerk Flank Steak Chicken & Shrimp Jambalaya Mashed Potatoes/Beef Gravy Louisiana Red Beans + Rice Whole Green Beans /King Cake Hot Dog, Chicken Brat Bar</p>		<p><u>Cafeteria Hours</u> Breakfast 6:00 am – 10:00 am</p>	<p><u>Lunch & Dinner</u> 11:00 am – 6:30 pm <u>Night Shift</u> 6:30 pm – 1:30 am</p>	

