

FEBRUARY MENU

CARDIAC



WEEK 1

MON: Goulash, Seasoned Peas, Jello

TUES: Chicken Marsala, Brown Rice, Seasoned Broccoli, Cookies

WED: Herbed Pork Loin, Sweet Potato, California Vegetables, Peaches

THURS: Spaghetti w/Sauce, Meatballs, Seasoned Green Beans, Cake

FRI: Fish on a bun, Potato Chips, Coleslaw, Pineapple



WEEK 2

MON: Stuffed Pasta w/Meat Sauce, Garlic Bread, Italian Green Beans, Applesauce

TUES: Chicken A LA King, Buttermilk Biscuit, Seasoned Carrots, Fruit Cup

WED: Hamburger Deluxe, Baked Beans, Coleslaw, Ice Cream

THURS: Fettuccine, Grilled Chicken w/Alfredo Sauce, Mandarin Oranges

FRI: Teriyaki Chicken, Rice Pilaf, Seasoned Broccoli, Brownie

WEEK 4

MON: Grilled Chicken, Grilled Pepper & Onions, Fettuccine, Italian Green Beans, Jello

TUES: Italian Chicken Patty, Potato Whip w/Gravy, Seasoned Peas, Pudding

WED: Patty Melt, Waffle Fries, Coleslaw, Ice Cream

THURS: Philly Cheese Steak Wrap, Three Bean Salad, Mandarin Oranges

FRI: Shells & Cheese, Stewed Tomato, Pudding



WEEK 3

MON: Grilled Chicken, Fettuccine, Grilled Pepper & Onions, Seasoned Green Beans, Italian Ice

TUES: Roast Turkey w/Gravy, Stuffing, California Vegetables, Pudding

WED: BBQ Chicken Leg, Vegetables Medley, Cheddar & Chive Potato, Cookies

THURS: Spaghetti w/Sauce, Meatballs, Seasoned Broccoli, Garlic Bread, Sliced Pears

FRI: Chicken Parmesan, Pasta w/Sauce, Italian Green Beans, Sliced Pears

*Provided by: Hillcrest
Commons Nursing & Rehab
Center and Elder Services of
Berkshire County*

