

Milestones Adult Day Health Center

Lunch Menu for February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Glazed Pork Chop Orange Gelatin Salad Broccoli Rice Au gratin Yogurt with Fruit Mixed Vegetables Whole Wheat Bread
4 Breaded Chicken Breast Parsley Butter Potato Succotash Melon Whole Wheat Bread Ice Cream Cup	5 Chili with Beans Spinach Salad Peach Strawberry Medley Whole Wheat Crackers Corn Bread Brownie Bar	6 Hamburger with Bun Bananas and Oranges Sunshine Carrots Creamy Coleslaw Cookie	7 LS Salisbury Steak Mashed Potatoes Broccoli Whole Wheat Bread Orange Apricot Salad Cookie	8 Whole Grain Fish Patty Sweet Potato Wedges Asparagus Cuts Tropical Fruit Salad Whole Wheat Bread Cookie
11 Chicken A La King Biscuit Fruit Gelatin Salad Seasoned spinach Vanilla Pudding	12 Goulash Squash Whole Wheat Dinner Roll Tropical Fruit Lemon Bar	13 Cooks Choice	14 Madrite on a Bun Potato Salad Mixed Vegetables Peaches Whole Wheat Bread Brownie Bar	15 Cream Broccoli Soup Turkey Sandwich Mixed Fruit Fruited Yogurt
18 Yankee Pot Roast Mashed Potatoes Peach Gelatin Brussel Sprouts Whole Grain Dinner Roll Vanilla Pudding	19 Ground Beef Gravy Ambrosia Salad Mashed Potatoes Calico Veg Salad Pears Whole Wheat Bread Cookie	20 Beef and Noodles Lima Beans Mixed Green Salad French Dressing Fresh Melon Whole Wheat Dinner Roll Brownie	21 Cooks Choice	22 Roast Turkey Sweet Potatoes & Apples Spinach Au Gratin Peach Salad Whole Wheat Dinner Roll Ice Cream Cup
25 Potato Crusted Fish Calico Vegetable Salad Roasted Baby Read Potatoes Whole Wheat Bread Fruited Yogurt	26 Cream of Potato Soup 1/2 Turkey Sandwich Coleslaw Tropical Fruit Whole Wheat Crackers Vanilla Pudding	27 Meatloaf Fruited Gelatin Baked Potato Brussel Sprouts Whole Grain Dinner Roll Tropical Fruit	28 Barbequed Riblet on a Bun Mixed Berries Potato Salad Green Beans Lemon Bar	1 Beef Macaroni Casserole Diced Beets Breadstick Spinach Salad Cookie Bar

Milestones does not discriminate on the basis of age, race, creed, religion, sexual orientation, national origin, or physical or mental challenges. This institution is an equal opportunity provider. All meals serve skim or 1% milk. Menus are subject to change.