

**Milestones in Marion
February Noon Menu 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chili Dog on Bun Cottage Fries Pea Salad Fruited Jello
4 Beef Enchiladas Spanish Rice Lettuce, Tom, Sour Cream Corn Peaches	5 Homemade Pizza Lettuce Salad w/dressing Seasoned Broccoli Garlic Bread Mandarin Oranges	6 Sweet and Sour Pork White Rice Teriaki Vegetables Berries WW Bread Blonde Brownie	7 Creamed Turkey over Biscuits Sweet Potatoes Fruited Gelatin Pudding	8 Baked Cod Baked Potato/Marg Glazed Carrots Tropical Fruit Rye Bread Strawberry Cake
11 Ham & Bean Soup Cornbread Chopped Vegetable Salad Strawberries over Angel Food Cake	12 Goulash Brussel Sprouts Cottage Cheese & Pineapple WW Dinner Roll Peach Crisp	13 Turkey Roast Buttered Parsley Potatoes Mixed Vegetable Salad WW Bread Fruit Ambrosia Salad	14 Hot Roast Beef Sandwich Mashed Potatoes/Gravy Broccoli & Cauliflower Pears Valentine Surprise	15 Cream of Potato Soup Egg Salad Sandwich Mandarin Orange Spinach Salad Mixed Berry Cup
18 Meatloaf Mashed Potatoes Green Beans Tropical Fruit WW Dinner Roll/Marg Cookie	19 Baked Ham Hashbrowns Spinach/Vinegar Apple Sauce WW Bread/Marg Brownie	20 Pork Cutlet Parsely Red Potatoes California Veggies Fruit Cocktail WW Bread/Marg Ice Cream Sundae	21 Tomato Soup Grilled Cheese Sandwich Saltine Crackers 3 Bean Salad Fruited Gelatin	22 Cheeseburger on Bun Lettuce, Tomato, Pickle Obrien Potatoes Tangy Coleslaw Peaches
25 Breaded Chicken Buttered Noodles Carrots Applesauce WW Bread/Marg Cheesecake	26 Tuna Salad Sandwich Broccoli Raisin Salad Tropical Fruit Apple Dumplings	27 Cook's Choice	28 Country Fried Steak Mashed Potatoes & Gravy Peas & Carrots Grapes WW Dinner Roll Cranberry Cake	

"This institution is an equal opportunity provider."

All meals offer 8oz Skim, 1% Milk and Soy

Menus are subject to change.