



# February 2025 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.  
Registered Dietician: Teri Henry, RDN, LDN

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| <p>3</p> <p>Chicken &amp; Broccoli Alfredo with Fettucine<br/>Italian Blend Vegetables<br/>Applesauce<br/>Breadstick</p>                        | <p>4</p> <p>Creamed Chipped Beef &amp; Biscuit<br/>California Blend Vegetables<br/>Triple Berry Blend</p>   | <p>5</p> <p>Hot Dog on a Whole Wheat Roll<br/>Baked Beans<br/>Steamed Broccoli Florets<br/>Fruit Cocktail</p>  | <p>6</p> <p>Roast Turkey with Gravy Stuffing<br/>Roasted Brussels Sprouts<br/>Cranberry Juice<br/>Whole Wheat Dinner Roll</p>       | <p>7</p> <p>Breaded Fish Sandwich on a Whole Wheat Roll<br/>French Fries<br/>Key West Vegetables<br/>Triple Berry Blend</p>         |
| <p>10</p> <p>Ham &amp; Cheese Sandwich on a Whole Wheat Roll<br/>Broccoli Cheddar Soup with Crackers<br/>Applesauce</p>                         | <p>11</p> <p>Chicken Cacciatore<br/>Rotini Pasta with Marinara Sauce<br/>Italian Blend Vegetables<br/>Mandarin Oranges<br/>Italian Bread</p>                      | <p>12</p> <p>Swiss Steak with Tomato &amp; Onions<br/>Mashed Potatoes with Gravy<br/>Steamed Broccoli Florets<br/>Pears in Cherry Gelatin<br/>Whole Wheat Roll</p> | <p>13</p> <p>Ham Balls<br/>AuGratin Potatoes<br/>Key West Vegetables<br/>Fruit Cocktail<br/>Chocolate Cake with Whipped Topping</p> | <p>14</p> <p>Stuffed Beef<br/>Monte Carlo Vegetables<br/>Whole Wheat Roll<br/>White Cake with Stawberries &amp; Whipped Topping</p> |
| <p>17</p> <p><b>PRESIDENTS' DAY</b><br/><br/><b>AGENCY CLOSED</b></p>   | <p>18</p> <p>Chicken Parmesan<br/>Shell Pasta with Marinara Sauce<br/>Steamed Broccoli Florets<br/>Triple Berry Blend<br/>Chocolate Cake with Whipped Topping</p> | <p>19</p> <p>Roast Beef with Gravy<br/>Mashed Potatoes<br/>Honey Glazed Carrots<br/>Applesauce<br/>Whole Wheat Roll</p>  | <p>20</p> <p>Turkey &amp; Provolone Sandwich on a Whole Wheat Roll<br/>Chicken Rice Soup with Saltines<br/>Mandarin Oranges</p>     | <p>21</p> <p>Cheese Ravioli with Marinara Sauce<br/>Italian Blend Vegetables<br/>Diced Peaches<br/>Vanilla Pudding</p>              |
| <p>24</p> <p>Sausage Sandwich with Peppers &amp; Onions<br/>French Fries<br/>Roasted Brussels Sprouts<br/>Diced Pears in Strawberry Gelatin</p> | <p>25</p> <p>Baked Chicken Breast with Grave<br/>AuGraitin Potatoes<br/>Mixed Vegetables<br/>Fruit Cocktail<br/>Whole Wheat Roll</p>                              | <p>26</p> <p>Cheese Omelet<br/>Sausage Patty<br/>Biscuit with Sausage Gravy<br/>Hash Brown Patty<br/>Orange</p>  | <p>27</p> <p>Scalloped Chicken<br/>Mashed Potatoes with Gravy<br/>Monte Carlo Vegetables<br/>Applesauce</p>                         | <p>28</p> <p>Grilled Cheese Sandwich<br/>Tomato Soup with Crackers<br/>Vanilla Greek Yogurt &amp; Mandarin Orange Parfait</p>       |
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