





The Nutrition program continues to grow!

To make room for all participants, reserve your spot ahead of time.

If you cannot join us, make sure to cancel your reservation.

Thank you for your consideration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>BRIAN M. HUGHES COUNTY EXECUTIVE</p>	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>			<p>1</p> <p><b>CHEESY CHICKEN ENCHILADA</b> (CHICKEN, ONIONS, AND SHREDDED CHEESE)</p> <p>JUICE</p> <p><b>YELLOW RICE WITH BEANS</b></p> <p><b>SOFT TORTILLA</b></p> <p><b>MANDARIN ORANGES</b></p>
<p>4</p> <p><b>BROCCOLI &amp; CHEESE STUFFED CHICKEN</b></p> <p>ROASTED CHICKEN VEGETABLE SOUP</p> <p>SWEET POTATO CHUNKS</p> <p>MIXED VEGETABLES</p> <p>WHOLE WHEAT BREAD</p> <p>FRUITED JELLO</p>	<p>5</p> <p><b>BEEF STEW</b></p> <p>JUICE</p> <p>WIDE NOODLES</p> <p>BRUSSEL SPROUTS</p> <p>RYE BREAD</p> <p>OREO COOKIES</p>	<p>6 <i>Ash Wednesday</i></p> <p><b>CHEESE FILLED TORTELLINI W/ALFREDO SAUCE AND PARMESAN CHEESE</b></p> <p>JUICE</p> <p><b>BROCCOLI DINNER ROLL</b></p> <p><b>BLACK AND WHITE COOKIE</b></p>	<p>7</p> <p><b>ITALIAN SAUSAGE/W TOMATO SAUCE</b></p> <p>JUICE</p> <p><b>ROASTED RED SKIN POTATOES</b></p> <p><b>PEPPERS AND ONIONS</b></p> <p><b>CLUB ROLL</b></p> <p><b>FIG BAR</b></p>	<p>8</p> <p><b>OVEN BAKED FISH W/TARTAR SAUCE</b></p> <p>VEGETARIAN SPLIT PEA SOUP</p> <p><b>WILD &amp; BROWN RICE BLEND</b></p> <p><b>BUTTERNUT SQUASH</b></p> <p><b>WHOLE WHEAT DINNER ROLL</b></p> <p><b>PEACH YOGURT</b></p>
<p>11</p> <p><b>BEEF BURGER W/SWISS CHEESE, KETCHUP AND MUSTARD</b></p> <p>TURKEY RICE SOUP</p> <p>POTATO TRI-COLOR MEDLEY</p> <p>TOMATO, CUCUMBER AND ONION SALAD</p> <p>WHOLE WHEAT HAMBURGER BUN</p> <p>ICE CREAM SANDWICH</p>	<p>12</p> <p><b>ROASTED TURKEY W/ GRAVY</b></p> <p>JUICE</p> <p>WHIPPED SWEET POTATOES</p> <p>CAULIFLOWER FLORETS</p> <p>PUMPERNICKEL AND RYE SWIRL BREAD</p> <p>OATMEAL COOKIE</p>	<p>13</p> <p><b>MEATBALLS IN TOMATO SAUCE W/PARMESAN CHEESE</b></p> <p>JUICE</p> <p><b>SPAGHETTI W/MARINARA SAUCE</b></p> <p><b>PEAS &amp; PEARL ONIONS</b></p> <p><b>ITALIAN BREAD</b></p> <p><b>APPLESAUCE</b></p>	<p>14 <i>St. Patrick's Day Celebration</i></p>  <p><b>CORNERED BEEF &amp; CABBAGE WEDGE W/MUSTARD</b></p> <p>JUICE</p> <p><b>BOILED POTATOES</b></p> <p><b>CARROT COINS</b></p> <p><b>IRISH SODA BREAD</b></p> <p><b>GREEN JELLO</b></p>	<p>15 <i>Fitness Friday</i></p> <p><b>TUNA SALAD</b></p> <p>VEGETARIAN VEGETABLE SOUP</p> <p>INDIVIDUAL BAG OF SUN CHIPS</p> <p><b>SALAD W/ ROMAINE LETTUCE CROUTONS PARMESAN CHEESE AND CREAMY ITALIAN DRESSING</b></p> <p><b>RYE BREAD (2) SLICES</b></p> <p><b>TANGERINE</b></p>
<p>18 <i>Birthday Breakfast Celebration</i></p> <p>WESTERN OMELET W/(2) KETCHUP PACKETS</p> <p>ORANGE JUICE</p> <p>SAUSAGE LINKS</p> <p>HASH BROWN W/(2) KETCHUP PACKETS</p> <p>WHOLE WHEAT BREAD</p> <p>FRUIT COCKTAIL</p>	<p>19 <i>Advisory Council Meeting @ Hollowbrook/Ewing</i></p> <p>MEATLOAF W/MUSHROOM BROWN GRAVY</p> <p>JUICE</p> <p>MASHED POTATOES</p> <p>GREEN BEANS</p> <p>DINNER ROLL</p> <p>GRAHAM CRACKERS</p>	<p>20 <i>Start Of Spring</i></p> <p><b>TURKEY AND PROVOLONE CHEESE SANDWICH W/MAYO &amp; MUSTARD</b></p> <p><b>BEEF AND BARLEY SOUP</b></p> <p><b>POTATO SALAD</b></p> <p><b>BEEF AND ONION SALAD</b></p> <p><b>RYE BREAD (2) SLICES</b></p> <p><b>FRESH ORANGE</b></p>	<p>21</p> <p><b>BEEF CHILI W/ BEANS</b></p> <p>JUICE</p> <p><b>BROWN RICE</b></p> <p><b>WINTER BLEND VEGETABLES</b></p> <p><b>PUMPERNICKEL BREAD</b></p> <p><b>LEMON BAR</b></p>	<p>22</p> <p><b>CRAB CAKES W/ TARTAR SAUCE</b></p> <p><b>CORN CHOWDER</b></p> <p><b>MACARONI AND CHEESE</b></p> <p><b>STEW TOMATOES</b></p> <p><b>RYE BREAD</b></p> <p><b>CHOCOLATE PUDDING</b></p>
<p>25</p> <p><b>CHICKEN POT PIE</b></p> <p>JUICE</p> <p><b>SPINACH SALAD W/ SHREDDED CARROTS &amp; DRIED CRANBERRIES NON-FAT RASPBERRY SALAD DRESSING</b></p> <p>MUFFIN</p> <p>FRESH APPLE SLICES</p>	<p>26</p> <p><b>BEEF &amp; BROCCOLI W/TERIYAKI SAUCE</b></p> <p>JUICE</p> <p><b>LO MEIN W/TERIYAKI SAUCE</b></p> <p>ORIENTAL VEGETABLES</p> <p>RYE BREAD</p> <p>ORANGE SHERBET</p>	<p>27 <i>Super Wednesday</i></p> <p><b>(SOUP &amp; SANDWICH)</b></p> <p><b>WARM GRILLED CHICKEN BREAST AND PROVOLONE CHEESE W/ MAYO &amp; KETCHUP</b></p> <p><b>MINESTRONE SOUP</b></p> <p><b>MACARONI SALAD</b></p> <p><b>LETTUCE &amp; TOMATO SLICE</b></p> <p><b>HAMBURGER ROLL</b></p> <p><b>PINEAPPLE TIDBITS</b></p>	<p>28</p> <p><b>BREADED PORK CHOP WITHOUT GRAVY</b></p> <p>JUICE</p> <p><b>CONFETTI RICE</b></p> <p><b>SPINACH</b></p> <p><b>DINNER ROLL</b></p> <p><b>BROWNIE</b></p>	<p>29</p> <p><b>EGGPLANT ROLLATINI W/TOMATO SAUCE AND PARMESAN CHEESE</b></p> <p><b>LENTIL SOUP</b></p> <p><b>PENNE PASTA W/MARINARA SAUCE</b></p> <p><b>FLAT ITALIAN GREEN BEANS</b></p> <p><b>ITALIAN BREAD</b></p> <p><b>GRANOLA BAR</b></p>