

# FEBURARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>Lunch</b> - Ginger BBQ Chicken - Zesty Pork Chops - Shrimp Scampi <b>Dinner</b> - Caribbean Chicken - Cantonese Spareribs - Shrimp Jambalaya	2 <b>Lunch</b> - Baked Salmon - Teriyaki Chicken - Pork Schnitzel <b>Dinner</b> - Oriental Pepper Steak - Teriyaki Pork Steak - Asian BBQ Turkey
3 <b>Lunch</b> - Cheese Tortellini w/Marinara Sauce - Savory Baked Chicken - BBQ Brisket <b>Dinner</b> - Chili Macaroni - Roast Beef - Fried Shrimp	4 <b>Lunch</b> - Baked Fish w/Lemon Garlic Butter - Beef Ball Stroganoff - Southern Fried Chicken <b>Dinner</b> - Baked Turkey Roulade - Baked Dijon Pork Chop - Beef Brogul	5 <b>Lunch</b> - Yankee Pot Roast - Turkey A La King - Grilled Pork Chops <b>Dinner</b> - Baked Salmon - Bourbon Chicken - Teriyaki Steak	6 <b>Lunch</b> - Caribbean Chicken - Salmon w/Maple Ginger Glaze - BBQ Spareribs <b>Dinner</b> - Basil Bake Fish - Herbed Baked Chicken - Country Style Steak	7 <b>Lunch</b> - Honey Ginger Chicken - Tuna Noodles - BBQ Beef Cubes <b>Dinner</b> - Pork Tenderloin - Beef Stew - BBQ Chicken	8 <b>Lunch</b> - Shrimp Chop Suey - Sweet Chili BBQ Meatballs - Braised Beef Spareribs <b>Dinner</b> - Cranberry Glazed Chicken - Lemon Pepper Catfish - Stuffed Baked Pork Chops	9 <b>Lunch</b> - Eggplant Parmesan - Ground Turkey Lasagna - Parmesan Crusted Pork Chops <b>Dinner</b> - Roast Turkey - Stuffed Fish - Beef Pot Pie
10 <b>Lunch</b> - Pepper Steak - Pineapple BBQ Meatballs - Pork Mambo <b>Dinner</b> - Ginger BBQ Chicken - Orange Rosemary Pork Chops - Teriyaki Steak	11 <b>Lunch</b> - Baked Fish w/Lemon Garlic Butter - Beef Ball Stroganoff - Southern Fried Chicken <b>Dinner</b> - Baked Dijon Pork Chop - Beef Brogul - Oven Fried Fish	12 <b>Lunch</b> - Yankee Pot Roast - Grilled Pork Chops - Bourbon Chicken <b>Dinner</b> - Beef Stir Fry - Baked Salmon - Easy Chow Mein	13 <b>Lunch</b> - Caribbean Chicken - Salmon w/Maple Ginger Glaze - Cantonese Spareribs <b>Dinner</b> - Basil Baked Fish - Herbed Baked Chicken - Swiss Steak w/Brown Gravy	14 <b>Lunch</b> - Chicken Florentine - Tuna Noodles - BBQ Beef Cubes <b>Dinner</b> - Southwestern Fish - Beef Stew - BBQ Chicken	15 <b>Lunch</b> - Shrimp Chop Suey - Pineapple BBQ Meatballs - Sweet and Sour Spareribs <b>Dinner</b> - Cranberry Glazed Chicken - Lemon Pepper Catfish - Stuffed Baked Pork Chop	16 <b>Lunch</b> - Chicken A La King - Parmesan Crusted Pork Chop - Eggplant Parmesan <b>Dinner</b> - Stir Fry Chicken w/Broccoli - Stuffed Fish - Beef Pot Pie
17 <b>Lunch</b> - Marinated Tomatoes w/Penne & Basil - Baked Chicken - Cajun Meatloaf - Almond Crusted Cod <b>Dinner</b> - Ginger BBQ Chicken - Orange Rosemary Honey Glazed Pork Chop - Teriyaki Steak	18 <b>Lunch</b> - Santa Fe Glazed Chicken - Fiesta Fish - Cajun Meatloaf <b>Dinner</b> - Creole Fish Fillet - Chicken Dijon - Polish Sausage	19 <b>Lunch</b> - Hot Spicy Chicken - Grilled Steak - Pork Adobo <b>Dinner</b> - Beef Bulgogi - Pork Chops w/Pineapple Asian Glaze - Sweet & Spicy Orange Salmon	20 <b>Lunch</b> - Baked Salmon - Mexican Baked Chicken - Beef Fajita Quinoa <b>Dinner</b> - Marinated Tomatoes W/Penne & Basil - Ground Turkey Lasagna - Parmesan Fish	21 <b>Lunch</b> - Cajun Chicken - Shrimp Stir Fry - Roast Beef <b>Dinner</b> - Ginger Chicken - Shrimp Scampi - BBQ Spareribs	22 <b>Lunch</b> - Pork Roast Tenderloin - Grilled Honey Sriracha Chicken - Roast Beef - Beef Yakisoba <b>Dinner</b> - Jerk Roast Turkey - BBQ Brisket - Southern Fried Catfish	23 <b>Lunch</b> - Baja Fish Tacos - Salisbury Steak - Turkey Nuggets <b>Dinner</b> - Beef Stir Fry - Grilled Pork Chops - Turkey and Spinach Meatloaf
24 <b>Lunch</b> - Fish w/Southwest Salsa - Chicken w/Dumplings - Beef & Corn Pie <b>Dinner</b> - Spaghetti w/meat sauce - Chicken Parmesan - Cheese Tortellini w/marinara	25 <b>Lunch</b> - Polynesian Fillet - Asian BBQ Turkey - Teriyaki Pork Steak <b>Dinner</b> - Caribbean Chicken - Mediterranean Salmon - Cantonese Spareribs	26 <b>Lunch</b> - Mexican Pork Chop - Chicken Fajita Quinoa - Steak Ranchero <b>Dinner</b> - Marinated Tomatoes W/Penne & Basil - Zesty Pork Chops - Swiss Steak w/Brown Gravy	27 <b>Lunch</b> - Barley & Spinach Stew - Country Fried Steak - Steak Ranchero <b>Dinner</b> - Grilled Chicken w/Mustard Sauce - Yankee Pot Roast - Shrimp Kabab	28 <b>Lunch</b> - Baked Dijon Pork Chop - Grilled Salmon w/Citrus Butter - Asian Bourbon Beef & Vegetables <b>Dinner</b> - Fiesta Fish - Turkey Swedish Meatballs - Parmesan Crusted Pork Chops		

