

Monday

Tuesday

Wednesday

Thursday

Friday

☞ = Item is higher in sodium
 * = Vitamin C
 _ = Vitamin A
 () = Dessert of Choice
 All meals served w/low fat milk.



**SUPER BOWL WEEKEND
 NEW ITEM!**

Buffalo Chicken Drumsticks
Broccoli Cheddar Soup
Carrot & Celery Sticks
 * **Potato Salad**
Ranch Dressing
Big Cookie
(Fresh Fruit)

4

BBQ Pulled Pork
Succotash
Sliced Carrots
 * **Pineapple Coleslaw**
Bun
Fruit Cocktail

5

**CHINESE NEW YEAR
 CELEBRATION**

Broccoli Beef
over Steamed Rice
Vegetable Bean Medley
Mixed Green Salad
w/Honey Mustard Dressing
Fortune Cookie
 * **Lucky Tangerine**



6

Turkey Lasagna
 * **Steamed Spinach**
Pickled Beets & Onions
Tossed Salad
w/Creamy Italian Dressing
Fresh Fruit

7

COLD PLATE

Curried Chicken Salad
on Mixed Greens
Lentil Soup
4-Bean Salad
Carrot-Raisin Salad
Hawaiian Roll w/Butter
 * **Tropical Fruit**

8

Potato Crusted Fish
Clam Chowder
 * **California Blend**
Rice Pilaf
Tartar Sauce
Sherbet
(Sliced Pears)

11

Creamy Mushroom Chicken
over Penne Noodles
Italian Vegetables
 * **Spinach Salad**
w/Balsamic Vinaigrette
Fresh Fruit

12

**SAN PABLO CELEBRATES
 BLACK HISTORY MONTH**

☞ **Virginia Baked Ham**
w/Pineapple-Raisin Sauce
 * **Whipped Sweet Potatoes**
Green Beans w/Red Peppers
Banana Pudding
(Banana)

13

COLD PLATE

Mock Crab Salad Sandwich
Potato Leek Soup
 * **Marinated Veggie Salad**
Garden Pea Salad
Lettuce, Tomato & Onion
French Bread
Pineapple Chunks

14

VALENTINE'S DAY

Roast Beef w/Gravy
Chicken Orzo Soup
 * **Baked Potato w/Butter**
 * **Winter Blend Vegetables**
Tossed Salad
w/Blue Cheese Dressing
Raspberry Gelatin w/Pears
(Diet Raspberry Gelatin
w/Pears)

15

Cheese & Green Chili Tamale
w/Enchilada Sauce
Capri Vegetables
Pinto Beans
Mixed Green Salad
w/Ranch Dressing
 * **Citrus Fruit**

18

**PRESIDENT'S DAY
 HOLIDAY**



19

**PRESIDENT'S DAY
 CELEBRATION**

COLD PLATE

Tuna Salad on Mixed Greens
Tomato Basil Soup
 * **Coleslaw**
Pickled Beets & Onions
WW Crackers x2
Iced Lemon Cake
(Fresh Fruit)

20

BBQ Chicken Thigh
Hearty Vegetable Soup
Vegetable Bean Medley
Macaroni Salad
Sourdough Roll w/Butter
 * **Mandarin Oranges**



21

Turkey Dinner w/Gravy
 * **Broccoli & Carrots**
 * **Mashed Potatoes**
Stuffing
Cranberry Sauce
Sliced Pears

22

☞ **All American Hot Dog**
w/Cheese & Onions
Mixed Vegetables
 * **Potato Salad**
Mustard, Catsup, Relish
Bun
Fresh Fruit

25

Alaskan Salmon Patty
w/Dill Sauce
Capri Vegetables
Green Peas w/Pearl Onions
Wild Rice
 * **Citrus Fruit**

26

Chicken Marsala
over Buttered Noodles
 * **Stewed Tomatoes**
 * **Broccoli Florets**
Orange Gelatin w/Mandarins
(Diet Orange Gelatin
w/Mandarins)

27

Swiss Beef Patty
Mushroom Barley Soup
Mixed Vegetables
 * **Garlic Mashed Potatoes**
Whole Wheat Roll
w/Butter
Fresh Fruit

28

☞ **Vegetarian Bean Burrito**
w/Red Sauce & Cheese
Mexicali Corn
Tender Green Beans
Mixed Green Salad
w/1000 Island Dressing
 * **Tropical Fruit**



DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON FEB. 1, 5, 12, 14, AND 19.
4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!