




Friendship Circle Menu

February 2023

Monday/To Go	Tuesday/To Go	Wednesday/Indoor	Thursday/To Go	Friday/Indoor
		25 Meals 1	15 Meals 2	10 Meals 3
	 Tuesday, February 14 th	Spaghetti and Meatballs (*1/2 c wheat spaghetti, 1/2c sauce, 3-1oz meatballs) 1c tossed Salad 1 pc lite dressing *1 wheat roll *1 fresh orange *8 oz 2% milk 1 pc margarine	**Mini Turkey Hoagie (2 oz turkey/1 oz cheese) *1 bag baked potato chip 1/2c coleslaw *1 banana *4oz choc pudding *8 oz 2% milk	**(4) Cheese Ravioli 1 c tossed salad 1 pc lite dressing 1/2c steamed broccoli *1 garlic bread stick *1/2c diced pears 1 pc margarine *8 oz 2% milk
15 Meals 6	15 Meals 7	25 Meals 8	15 Meals 9	10 Meals 10
Chicken Stir Fry (3oz chicken 1c vegetables) *1/2 c brown rice *1 slice wheat bread 1 pc margarine *1/2c mandarin oranges *8 oz 2% milk	**Tuna Hoagie (3 oz tuna with shredded lettuce and tomato slices) on wheat roll *1/2 c. potato salad 1 pc mayo *1 fresh apple *8 oz 2% milk	**Philly cheesesteak w/onions on whole wheat roll *1/2 c. tater tots 1 c tossed salad 1 pc lite dressing *1/2 c. diced peaches *8 oz 2% milk	3 oz chicken fingers 1 pc honey mustard *1 bag baked potato chip 1 c tossed salad 1 pc lite dressing *1/2 c mixed fruit cup *1 granola bar *8 oz 2% milk	3oz baked tilapia *1/2 c brown rice 1/2 c fire roasted grilled vegetables *1 whole wheat dinner roll 1 pc margarine *1/2 c applesauce *8 oz 2% milk
15 Meals 13	15 Meals 14	25 Meals 15	15 Meals 16	10 Meals 17
3 oz meatloaf w/2oz gravy *1/2 c. mashed potatoes 1/2 c. steamed carrots *1 slice whole wheat bread *1/2 c mixed fruit cup 1 pc margarine *8 oz 2% milk	*1/2 c. minestrone soup **3oz chicken salad on wheat bread w/lettuce & tomato slices *1/2 c diced peaches *2 each Sweetheart Cookies *8 oz 2% milk 	3oz sloppy joe sandwich on wheat **Bun 1/2 c steamed carrots *1/2 c diced pears 1 pc margarine *8 oz 2% milk *4 oz cranberry juice	3 oz BBQ chicken breast *1/2 c. baked beans 1/2 c. cole slaw *1 whole wheat dinner roll *1 fresh orange 1 pc margarine *8 oz 2% milk	**1 c macaroni & cheese 1/2 c stewed tomatoes 1/2 cup zucchini wedges *1 slice whole wheat bread 1 pc margarine *1 banana *8 oz 2% milk
No Meals 20	15 Meals 21	25 Meals 22	15 Meals 23	10 Meals 24
Center Closed 	3oz Chicken Parmesan *1/2 c. wheat pasta 1/2 c zucchini wedges 1 c. tossed salad 1 pc lite dressing *1 bread stick *1 banana *8 oz 2% milk 1 pc margarine	**Philly cheesesteak w/ onions on whole wheat roll *10 baked french fries 1 c tossed salad 1 pc lite dressing *1/2 c. mandarin oranges 1 pc ketchup *8 oz 2% milk	(3)** baked manicotti 1/2 c. green beans 1 c tossed salad 1 pc lite dressing *1 wheat dinner roll *1/2 c diced peaches *8 oz 2% milk 1 pc margarine	3oz fish sandwich on wheat **bun lettuce & tomato slices *1/2 c tater tots 1/2 c coleslaw *1/2 c diced pears 1 tbs tartar sauce *8 oz 2% milk
15 Meals 27	15 Meals 28			
*(2) Beef Tacos with (2 oz beef & 2oz cheese) shredded lettuce and tomato 1pc salsa 1 pc sour cream *1/2 rice and red beans 1/2 c diced pears *8 oz 2% milk	3 oz salisbury steak w/2oz gravy *1/2 c. mashed potatoes 1/2 c steamed carrots *1 slice whole wheat bread *1/2 c applesauce *8 oz 2% milk 1 pc margarine *4oz cranberry juice			

*= carbohydrate choice