

13 Feb

Caribbean Jerk Chicken
Salisbury Steak
Fish Parmesan

Spaghetti w/Meat Sauce
Swiss Steak w/ Brown Gravy
Fried Chicken

14 Feb

Fried Fish
Asian Glaze Pork Chop
Pork Chop w/Mushroom Gravy

Baked Chicken
Pepper Steak
Pasta Primavera

15 Feb

Shrimp Scampi
Turkey Roast
Beef Stew

BBQ Chicken
Southern Fried Catfish
Chili Macaroni

16 Feb

Savory Baked Chicken
Swedish Meatballs
Creole Shrimp

Baked Fish
Simmered Knockwurst
Hot Italian Sandwich

17 Feb

Oven fried Fish
BBQ Spareribs
Chicken Breast Parmesan

Stir Fry w/Broccoli
Turkey Nuggets
Pork Chop Suey

25 Feb

Turkey Roast
Ribeye Steak
Tempura Fried Fish

Swiss Steak w/Tomato Sauce
Baked Chicken
Sweet Italian Sausage

26 Feb

Roasted Pork Loin
BBQ Beef Cube
Chicken Fajitas

Fish w/Lemon/Garlic Butter
Pork Schnitzel
Yakisoba

27 Feb

Spaghetti w/Meat Sauce
Swiss Steak w/Brown Gravy
Fried Chicken

Caribbean Jerk Chicken
Salisbury Steak
Fish Parmesan

28 Feb

Baked Chicken
Pepper Steak
Pasta Primavera

Fried Fish
Pork Chop w/Mushroom gravy
Rissolle Potatoes

