

February 2018

Almond Heights Senior Living



28	29	30	31	Feb 1	2	3
				Ham with Raisin Sauce Country Fried Steak/Gravy <i>or</i> Fresh Mashed Potatoes/Gravy Fresh Green Beans Baked Roll Apple Walnut Crumb Cake	Creamy Coleslaw Grilled Trout/Apple Salsa Braised Pork <i>or</i> Fresh Mashed Potatoes/Gravy Snap Pea Vegetable Blend Baked Roll Boston Cream Cake	Caesar Salad Chicken Fettuccine w/ Sun-Dried Tomatoes Baked Beef Vegetable Stew <i>or</i> Red Potatoes Harvard Beets Garlic Bread Assorted Desserts
4	5	6	7	8	9	10
Green Salad Autumn Pot Roast Broccoli Cheese Frittata <i>or</i> Baked Potato Seasoned Cauliflower Baked Roll Banana Sheet Cake	Ambrosia Jello Salad Beef Tips Au Jus Swiss Bacon Meatloaf <i>or</i> Fresh Mashed Potatoes Scandinavian Veg Baked Roll Blueberry Cobbler	Green Salad Red Beans and Cornbread Spaghetti/Marinara Meat Sauce <i>or</i> Buttered Zucchini Baked Roll Chef's Dessert	Carrot Raisin Salad Pan-Seared Fish Baked Rosemary Lemon Chicken <i>or</i> Parsley Rice Mixed Vegetables Baked Roll Apple Crumb Cake	Cranberry Applesauce Pot Roast Milano Rosemary Roasted Chicken Thighs <i>or</i> Fresh Mashed Potatoes Baby Carrots Baked Roll Bread Pudding/Vanilla Sauce	Coleslaw Garlic Parmesan Chicken Hungarian Goulash <i>or</i> Parsley Egg Noodles Cream Peas Baked Roll Cinnamon Coffee Cake	Garden Pasta Salad Braised Pork Asian Chicken Salad <i>or</i> Boiled Potatoes Seasoned Cabbage Baked Roll Chef's Dessert
11	12	13	14	15	16	17
Cranberry Jello Yankee Pot Roast Pork Tenderloin <i>or</i> O'Brien Potatoes Roasted Carrots Baked Roll Mandarin Orange Cake	Cucumber Onion Salad Red Snapper/Lemon Garlic Sauce Oven Fried Chicken <i>or</i> Mashed Potatoes/Gravy Broccoli Baked Roll Apple Cobbler	Green Salad Pork Chops and Gravy Leg of Lamb <i>or</i> Vegetable Polenta Baked Squash Baked Roll White Almond Cake	Green Salad Ham Steak/Cider Sauce Meatloaf <i>or</i> Fresh Mashed Potatoes Cauliflower and Carrots Baked Roll Strawberry Homemade Shortcake	Green Salad Marinated Drum Sticks Ginger Lime Pork <i>or</i> Seasoned Red Potatoes Fresh Green Beans Baked Roll Berry Peach Crisp	Sweet Slaw Cod AuGratin BBQ Pork Ribs <i>or</i> Potato Wedges Chef's Steamed Vegetable Baked Roll Key Lime Pudding	Green Salad Spaghetti/Marinara Meat Sauce Sweet Liver and Onions <i>or</i> Baked Fried Potatoes Garlic Zucchini Saute Garlic Bread Blueberry Pie Ala Mode
18	19	20	21	22	23	24
Orange Pineapple Jello New England Pot Roast Baked Parmesan Fish <i>or</i> Scalloped Potatoes Seasoned Cauliflower Baked Roll Assorted Desserts	Creamy Coleslaw Seasoned Baked Chicken Beef Goulash <i>or</i> Garlic Pasta Roasted Squash Baked Roll Chocolate Chip Cake	Fresh Fruit Salad Sauteed Meatballs Shrimp Creole <i>or</i> Delicious Rice Skillet Cabbage Baked Roll Chocolate Love Cake	Romaine Orange Salad Balsamic Roasted Pork Beef Bean Enchilada Casserole <i>or</i> Delmonico Potatoes Broccoli Baked Roll Cranberry Apple Crisp	Four Fruit Compote Baked Beef Brisket Rosemary Roasted Chicken Thighs <i>or</i> Garlic Herb Mashed Potatoes Baby Carrots Baked Roll Maple Bread Pudding	Beet Salad Tangy Country-Style Ribs Lemon Parsley Catfish <i>or</i> Baked Potato Coleslaw Vinaigrette Lemon Cheese Bar	Apple Cranberry Green Salad Turkey Roast/Zesty Rub Beef Mushroom Stroganoff <i>or</i> Parsley Egg Noodles Roasted Brussels Sprouts Baked Roll White Poke Cake
25	26	27	28	Mar 1	2	3
Citrus Salad Pot Roast/Cider Gravy Tilapia/Savory Herb Butter <i>or</i> Roasted Red Potatoes Greens Baked Roll Banana Cream Pie	BLT Pasta Salad Honey Roasted Chicken Thigh Ginger Mustard Pork Chops <i>or</i> White and Wild Rice Pilaf Lemon Buttered Broccoli Baked Roll Mixed Berry Crisp	Green Salad Beef Burgundy Barbecued Chicken <i>or</i> Mashed Red Potatoes Baked Seasoned Squash Baked Roll Brownies	Cottage Cheese/Fruit Steak/Bordelaise Sauce Homestyle Turkey <i>or</i> Cheesy Scalloped Potatoes Oven Roasted Cauliflower Baked Roll Sherbet			