

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>BREAKFAST 1 Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Egg Drop Soup asian chicken salad, fortune cookie</p> <p>DINNER Carrot Ginger Soup, sweet&sour white fish, cilantro rice, broccoli, sugar cookie</p> <p>Chinese New Year (Year of the Tiger)</p>	<p>BREAKFAST 2 Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Tortilla Soup Chicken Enchiladas, Spanish Rice, Refried Beans, Flan</p> <p>DINNER Tomato Soup Vegetable Lasagna, Roasted Squash, Garlic Bread, Cheesecake</p> <p>Groundhog Day</p>	<p>BREAKFAST 3 Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Chicken Noodle Soup Turkey Patty Melt, Sweet Potato Fries, Pickle Spears, Strawberry Shortcake</p> <p>DINNER Cream of Mushroom Soup Chicken Cordon Blue, Steamed Broccoli, Garlic Butter Rice, Chocolate Cake</p>	<p>BREAKFAST 4 Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Matzo Ball Soup, Smoked Salmon Pasta, Rosemary Bread, Vanilla Pudding</p> <p>DINNER French Onion Soup, Shrimp Alfredo Pasta, Steamed Broccoli, Dinner Roll, Chocolate cake</p>	<p>BREAKFAST 5 Oatmeal, Coffee Cake Eggs Any Style, Meat and Fruit</p> <p>LUNCH White Bean Soup, Grilled Ham & Cheese Croissant, Three Bean Salad, Watermelon Carrot Cake</p> <p>DINNER Cream of Broccoli, Lemon Garlic Butter Baked Fish, Vegetable Ratatouille, Dinner Roll, Pineapple Upside-Down Cake</p>
<p>BREAKFAST 6 Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p>LUNCH Vegetable Soup, Breaded Chicken Tenderloin, Coleslaw, Pickle Spears, Fruit Parfait</p> <p>DINNER Corn Chowder Soup, Swedish Meatballs, California Blend Vegetables, Garden Rice, Marble Cake</p>	<p>BREAKFAST 7 Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Lentil Soup, Philly Cheesesteak Sandwich, French Fries, Marinated Beet Salad, Tapioca Pudding</p> <p>DINNER Mushroom & Barley Soup Spaghetti Meat Sauce Grilled Zucchini, Garlic Bread Lemon Bars</p>	<p>BREAKFAST 8 Oatmeal, Banana Muffin, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Lentil Soup, Cheese or Pepperoni Pizza, Caesar Salad, Fresh Sliced Fruit, Chef's Dessert</p> <p>DINNER Potato Leek Soup Beef Stroganoff, Buttered Egg Noodles, Braised Cabbage, Pecan Pie</p>	<p>BREAKFAST 9 Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p>LUNCH White Bean Soup, Veggie Burgers, French Fries, Marinated Tomato & Onion Salad, Apple Turnover</p> <p>DINNER Chicken Rice Soup Cheese Ravioli, Mixed Vegetables, Garlic Bread, Coconut Cream Pie</p>	<p>BREAKFAST 10 Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Cream of Broccoli Soup, Turkey Club Sandwich, Coleslaw, Potato Chips, Triple Decker Brownie</p> <p>DINNER Mushroom & Barley Soup Lemon Chicken Piccata with Pasta, Steamed Broccoli, Dinner Roll, Apple Pie</p>	<p>BREAKFAST 11 Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Matzo Ball Soup, Grilled Chicken Caesar Salad, Rosemary Bread, Triple Decker Brownie</p> <p>DINNER Fideo Soup, Classic Meatloaf, Garlic Mashed Potatoes, Honey Glazed Carrots, Vanilla Cake</p>	<p>BREAKFAST 12 Oatmeal, Coffee Cake Eggs Any Style, Meat and Fruit</p> <p>LUNCH Vegetable Soup, Sweet & Sour Meatballs, Steamed Rice, Oriental Stir Fried Vegetables, Ambrosia Salad</p> <p>DINNER Garbanzo Bean Soup, Honey Mustard Baked Fish, Rice Pilaf, Grilled Vegetables, German Chocolate Cake</p>
<p>BREAKFAST 13 Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p>LUNCH Tomato Bisque, Vegetable Frittata, Garden Salad, Zucchini Bread, Banana Bread</p> <p>DINNER Butternut Squash Soup, Braised Beef Brisket, Mashed Potatoes, Steamed Vegetables, Fruit Cobbler</p>	<p>BREAKFAST 14 Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Split Pea Soup, BLT Sandwich, Mango & Avocado Salad, Potato Chips, Banana Mousse</p> <p>DINNER Zucchini Cilantro Soup, Filet Mignon wild mushrooms, Potatoes Grilled Asparagus, Red Velvet cake</p> <p>Valentine's Day</p>	<p>BREAKFAST 15 Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Zucchini Cilantro Soup, Hawaiian Meatballs, Steamed Rice, Mixed Vegetables, Bananas Foster</p> <p>DINNER Garbanzo Soup, Beef Stew Mashed Potato, Steamed Broccoli, Dinner Roll, Banana Marble Cake</p>	<p>BREAKFAST 16 Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Celery & Cabbage Soup Pita Pizza, Garden Salad, Tiramisu Cake</p> <p>DINNER Cream of Cauliflower Soup Chicken Pot Pie, Roasted Brussel Sprouts, Rosemary Bread, Fruit Cobbler</p>	<p>BREAKFAST 17 Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Cream of Spinach Soup Egg Salad Croissant, Onion Rings, Watermelons Slices, Banana Bread</p> <p>DINNER Vegetable Soup, Pan Grilled Fish, Confetti Rice, Sweet Baked Potato Peach Cake</p>	<p>BREAKFAST 18 Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Matzo Ball Soup, Pasta Primavera, Garlic Bread, Chocolate Pudding</p> <p>DINNER French Onion Soup, Chicken Cacciatore over a Bed of Polenta, Grilled Eggplant, Orange Mousse</p>	<p>BREAKFAST 19 Oatmeal, Coffee Cake Eggs Any Style, Choice of Meat and Fruit</p> <p>LUNCH Butternut Squash Soup, Reuben Sandwich, Potato Salad, Watermelon, Strawberry Shortcake</p> <p>DINNER Tomato Bisque, Shrimp Scampi, Steamed Broccoli, Garlic Bread Bread Pudding</p>
<p>BREAKFAST 20 Oatmeal, Bagel Blast Eggs Any Style, Choice of Meat & Fruit</p> <p>LUNCH Chicken Noodle Soup Vegetable Quiche, Pasta Salad, Seasonal Fruit, Peaches & Cream</p> <p>DINNER Minestrone Soup Pork Chops in Mushroom Gravy, Sautéed Green Beans, Mashed Potato, Cinnamon Baked Apple</p>	<p>BREAKFAST 21 Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Split Pea Soup, Beef Fajitas, Spanish Rice, Refried Beans, Rice Pudding</p> <p>DINNER Cream of Mushroom Soup BBQ Chicken, Baked Beans, Corn on the Cobb, Pineapple Upside- Down Cake</p> <p>Presidents' Day</p>	<p>BREAKFAST 22 Oatmeal, Muffin, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Lentil Soup, Tuna Salad Pita Pocket Marinated Beet Salad, Fresh Melon Slices, Fruit Parfait</p> <p>DINNER Minestrone Soup, Herb Crusted Fish, Cranberry Rice, Steamed Cabbage Pecan Pie</p>	<p>BREAKFAST 23 Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Cream of Broccoli Soup, Oven Baked Crab Cakes, Broccoli & Carrot Slaw, Fresh Fruit, Lemon Jell-O</p> <p>DINNER Italian Wedding Soup, Beef Stuffed Cabbage Rolls, Steamed Rice, Grilled Vegetables, Sweet Potato Cake</p>	<p>BREAKFAST 24 Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Chicken Noodle Soup, Trio Salad Plate (Egg, Tuna, Chicken) On a Bed of Mixed Greens, Hawaiian Roll, Banana Mousse</p> <p>DINNER Butternut Squash Soup Chicken Marsala, Mashed Potatoes, Steamed Broccoli, Peach Turnover</p>	<p>BREAKFAST 25 Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Matzo Ball Soup, Tuna Melt, Onion Rings, Marinated Tomato & Cucumber Salad, Boston Cream Pie</p> <p>DINNER Tomato Soup, Shepherd's Pie, Roasted Brussel Sprouts, Glazed Carrots, Chef's Dessert</p>	<p>BREAKFAST 26 Oatmeal, Coffee Cake Eggs Any Style, Choice of Meat and Fruit</p> <p>LUNCH Vegetable Soup Smoked Salmon Cobb Salad Zucchini Bread, Orange Cake</p> <p>DINNER Zucchini Cilantro Soup, Country Fried Steak, Mashed Potatoes, Steamed Broccoli, Vanilla Chocolate Éclair</p>
<p>BREAKFAST 27 Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p>LUNCH Tomato Basil Soup, Blueberry Blintz, Waldorf Salad, Orange Wedges, Chocolate Pudding</p> <p>DINNER Corned Beef with Lyonnaise Potatoes, Oven Roasted Squash, Tres Leches Cake</p>	<p>BREAKFAST 28 Oatmeal, Waffles, Eggs Any Style</p> <p>LUNCH White Bean Soup Fish Tacos w/ Aioli Sauce, Spanish Rice, Refried Beans, Guacamole, Churros</p> <p>DINNER Butternut Squash Soup Roast Chicken, Honey Glazed Carrots, Mashed Potatoes, Tres Leches Cake</p>	 <h1 style="font-size: 4em; margin: 0;">FEBRUARY</h1> <h1 style="font-size: 4em; margin: 0;">2022</h1>				