


**Minneapolis Veteran's Home Adult Day Center
Fall/Winter Lunch Menu February 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Sloppy Joe on a Bun Potato Chips Coleslaw Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	2. Chicken Tenders Macaroni & Cheese Peas Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	3. Chef's Choice: Meal will include a protein, starch, vegetable, fruit, and milk Menu details will be posted in the ADC dining room before breakfast on 2/3
6. Beef Stroganoff over Noodles Mixed Vegetables Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	7. Fish Sandwich Potato Chips Coleslaw Seasonal Fruit Bowl <u>Afternoon Social:</u> Chef's Choice	8. Swedish Meatballs over Egg Noodles Green Beans Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	9. Chef's Choice: Meal will include a protein, starch, vegetable, fruit, and milk Menu details will be posted in the ADC dining room before breakfast on 2/9	10. Celebrate Super Bowl LVII (2/12) Menu will be tailored towards foods representative of the remaining teams on 2/12 Menu details will be posted in the dining room before breakfast on 2/10
13. Grilled Ham & Cheese Sandwich Tomato Soup Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	14. Celebrate Valentine's Day Spaghetti with Meat Sauce Garlic Bread Peas Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	15. Chef's Choice: Meal will include a protein, starch, vegetable, fruit, and milk Menu details will be posted in the ADC dining room before breakfast on 2/15	16. Roast Beef Mashed Potatoes with Gravy Cooked Carrots Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	17. Pork Chops Stuffing Green Peas Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice
20. ADC CLOSED- President's Day 	21. Chef's Choice: Meal will include a protein, starch, vegetable, fruit, and milk Menu details will be posted in the ADC dining room before breakfast on 2/21	22. Roasted Turkey Mashed Potatoes with Gravy Green Beans Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	23. National Chili Day Chili Cornbread Carrots Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	24. Chicken Noodle Casserole Mixed Vegetables Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice
27. Chef's Choice: Meal will include a protein, starch, vegetable, fruit, and milk Menu details will be posted in the ADC dining room before breakfast on 2/27	28. BBQ Pulled Pork Sandwich Potato Chips Pasta Salad Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice			

*Breakfast will be chef's choice and will include starch, fruit, and meat

**Beverage Choices at meals include milk, juice, lemonade, coffee, and tea

**Monthly Menu is subject to change without notice

Written by: *Nate Herzog- Cook Coordinator*

Approved by: *Jennifer Knutson RD, LD*