





# chef for hire

home  
delivered  
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Valentine Loving Season</i></p> 			<p>1 Smoked Sausage w/ 2oz Peppers &amp; Onions Peas ½ cup Roasted Potatoes ½ cup Wheat Bread 2 slices Strawberry Applesauce ½ cup Milk 8oz</p>	<p>2 Chicken Parmesan 3oz Parmesan Cheese Apples w/ Cherries &amp; Almonds ½ cup Roasted Potatoes ½ cup Wheat Bread 1 slice Dcd pears ½ cup Milk 8oz</p>
<p>5 Oven Fried Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Wheat bread 1 slice Mandarin oranges 1 each Milk</p>	<p>6 Spaghetti/ meatballs 2oz/1 cup Parmesan Cheese Italian Green Beans ½ cup California Veggies ½ cup Diced Peaches ½ cup Milk 8oz</p>	<p>7 Smothered Chicken Breast 3oz White Rice Pilaf ½ cup Key West Veggies ½ cup Wheat Bread 1 slice Diced Pears ½ cup Milk 8oz</p>	<p>8 BBQ Beef 3oz Green Beans ½ cup Scalloped Potatoes ½ cup WG Bun 1 each Diced Peaches ½ cup Milk 8oz</p>	<p>9 Sliced Turkey 3oz w/gravy Maple Sweet Potatoes ½ cup Broccoli ½ cup Diced Pears ½ cup Milk 8oz</p>
<p>12 Chicken Cacciatore 3oz Mashed Potatoes ½ cup Broccoli ½ cup Wheat Bread 2 slices Diced Peaches ½ cup Milk 8oz</p> 	<p>13 Pot Roast w/Gravy 3oz Broccoli ½ cup Mashed Potatoes ½ cup Applesauce ½ cup Milk 8oz</p>	<p>14 Cheesy Smothered Chopped Steak 3oz White Rice Pilaf ½ cup Green Beans ½ cup Wheat Bread 2 slices Mandarin oranges ½ cup Milk 8oz</p>	<p>15 Grilled Hamburger 3oz Mac &amp; Cheese ½ cup Festive Green Beans 1/2cup Diced Pears ½ cup WG Bun 1 each Milk 8oz</p>	<p>16 Almond Crusted Fish 3oz California Veggies ½ cup Scalloped Potatoes ½ cup Diced Peaches ½ cup Wheat Bread 1 slice Milk 8oz</p>
<p>19 Beef Stew 1 cup(2oz) Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slices Diced Peaches ½ cup Milk 8oz</p>	<p>20 Breakfast Bagel w/ 2 grain Sausage,Egg &amp; Cheese 2oz Roasted Sweet ½ cup Potatoes Applesauce ½ cup Milk 8oz</p>	<p>21 Meatloaf 3oz w/ Gravy Mashed Potatoes ½ cup Brussel Sprouts ½ cup Mandarin Oranges ½ cup Milk 8oz</p>	<p>22 Cheese Lasagna w/ Veggie Marinara 2oz Diced Carrots ½ cup Lima Beans ½ cup Wheat Roll 1 each Milk 8oz</p>	<p>23 Teriyaki Chicken &amp; Noodles 3oz Stir Fry Veggies ½ cup Mandarin oranges ½ cup Milk 8oz</p>
<p>26 Chicken &amp; Noodles 1 cup(2oz) Rosemary Potatoes ½ cup Broccoli ½ cup Wheat Roll 1 each Birthday Treat 1 each Milk 8oz</p>	<p>27 Vegetarian Chili w/beans 1 cup(2oz) California Veggies ½ cup Roasted Sweet Potatoes ½ cup Corn Bread 2 each Tropical Fruit ½ cup Milk 8oz</p>	<p>28 Pot Roast 3 oz w/ Gravy Mashed Potatoes ½ cup Broccoli ½ cup Applesauce ½ cup Milk 8oz</p>	<p>29 Country Fried 3oz Steak w/ Gravy Spinach ½ cup Baked Potato 1 each Applesauce 1 each Wheat bread 1 slice Milk 8oz</p>	<p>Cultural Meal Day</p> 

\*Menus are subject to change based on product availability.