

February 2024 – Diabetic Menu

Mon		Tue	Wed	Thu	Fri
<ul style="list-style-type: none"> ▪ Rolls and breads are whole wheat ▪ Canned fruits are in 100% natural juice or water, not syrup ▪ Items with an asterisk (*) prepared with rice, pasta and potatoes are smaller portions 				1 Chicken Tenders Broccoli Carrots Tossed Salad Fruit Cocktail Fruit	2 Beef Tips (No rice, extra beef) Green Beans Stewed Tomatoes Broccoli Cauliflower Salad Fruit Gelatin Wheat Roll
5 Hamburger Patty Broccoli Sautéed Mushrooms Wheat Bun Tomato Slice/Lettuce Fruit Cocktail	6 Chicken Parmesan Lima Beans * Turnip Greens Pea Salad Fruit Applesauce	7 Sliced Turkey Corn Green Beans Spinach Salad (No dressing) Fruit Fruit	8 Roast Beef Squash Medley Cinnamon Apples Fruit Coleslaw Fruit	9 Roasted Chicken Carrots Cabbage Wheat Roll Three Bean Salad Fruit	
12 Chopped Steak (No gravy) Green Peas Sweet Potatoes Broccoli Salad Fruit Carrot Raisin Salad	13 Grilled Chicken Collard Greens Cabbage Cornbread Marinated Vegetable Salad Fruit	14 SPECIAL DAY...ENJOY! Gourmet Chicken Green Beans  Diced Roasted Potatoes  Wheat Roll Fruit Gelatin Chocolate Chess Pie	15 Carved Turkey (No Dressing, no gravy) Cauliflower (No cheese) Carrots Beets Fruit Fruit	16 Beef Stroganoff (No noodles) Squash Medley Baked Apples Three Bean Salad Fruit Fancy Fruit	
19 Baked Spaghetti Spinach Corn Beets Fruit Applesauce	20 Stuffed Peppers w/ Red Sauce Green Beans Carrots Italian Pasta Salad Fancy Apple Salad Fruit	21 Grilled Chicken Green Peas Cauliflower Fruit Spinach Salad (No dressing) Fruit	22 Chopped Steak Diced Roasted Potatoes * Baked Apples Sweet & Sour Coleslaw Carrot Raisin Salad Wheat Roll	23 Beef Goulash Vegetable Medley Broccoli Cinnamon Peaches Fruit Gelatin Wheat Roll	
26 Sliced Turkey Squash Medley Cabbage Potato Salad Fruit Applesauce	27 Shepherd's Pie Stewed Tomatoes Corn Broccoli Cauliflower Salad Fruit Gelatin Fruit	28 Roast Beef Green Beans Collard Greens Carrot Raisin Salad Fruit Cornbread	29 Beef Stew Vegetable Medley Spinach Fruit Waldorf Salad Fruit Gelatin		