February 2024 – Diabetic Menu

- 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 Tossed Salad Fruit Cocktail Fruit Tossed Salad Fruit Cocktail Fruit Broccoli Sautéed Mushrooms Wheat Bun Tomato Slice/Lettuce Fruit Cocktail Fruit Fruit Applesauce Tossed Salad Fruit Sliced Turkey Corn Green Beans Spinach Salad (No dressing) Fruit Fruit Fruit Fruit Coleslaw Fruit	s Salad
**Carrots Stewed Tomato Broccoli Cauliflower Fruit Cocktail Carrots Calbage Cocktail Fruit Cauliflower (No cheese) Cauliflower (No cheese) Cauliflower (No cheese) Carrots Carr	Salad
rice, pasta and potatoes are smaller portions Fruit Cocktail Fruit Gelatin Wheat Roll	1
Hamburger Patty Broccoli Sautéed Mushrooms Wheat Bun Tomato Slice/Lettuce Fruit Chopped Steak (No gravy) Green Peas Sweet Potatoes Broccoli Salad Fruit Marinated Vegetable Salad Sliced Turkey Corn Green Beans Sliced Turkey Corn Green Beans Sliced Turkey Corn Green Beans Sliced Turkey Squash Medley Carrots Cabbage Cabbage Cinnamon Apples Cinnamon Apples Cabbage Fruit Coleslaw Fruit Fruit Fruit Fruit Fruit Special DayENJOY! Gourmet Chicken Green Beans Calbage Wheat Roll Fruit	
Broccoli Sautéed Mushrooms Wheat Bun Tomato Slice/Lettuce Fruit Chopped Steak (No gravy) Green Peas Sweet Potatoes Broccoli Salad Fruit Marinated Vegetable Salad Lima Beans * Turnip Greens Green Beans Spinach Salad (No dressing) Fruit Fruit Fruit Green Beans Spinach Salad (No dressing) Fruit Coleslaw Fruit Coleslaw Fruit Fruit Coleslaw Fruit Fruit Fruit Fruit Fruit Carrots Cabbage Cinnamon Apples Cinnamon Apples Cinnamon Apples Cinnamon Apples Carrots Fruit Three Bean Salad Fruit Carrots Cabbage Carrots Beef Stroganoff (No m Green Beans Cauliflower (No cheese) Carrots Beets Three Bean Salad Fruit	
Sautéed Mushrooms Wheat Bun Tomato Slice/Lettuce Fruit Cocktail Chopped Steak (No gravy) Green Peas Sweet Potatoes Broccoli Salad Fruit Marinated Vegetable Salad Spinach Salad (No dressing) Fruit Fruit Fruit Fruit Fruit Fruit Coleslaw Fruit Coleslaw Fruit Fruit Fruit Coleslaw Fruit Fruit Fruit Fruit Coleslaw Fruit Fruit Fruit Fruit Fruit Coleslaw Fruit	
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Tomato Slice/Lettuce Fruit Applesauce Fruit Frui	
Fruit Cocktail Applesauce Fruit	
12 Chopped Steak (No gravy) Green Peas Sweet Potatoes Broccoli Salad Fruit 13 SPECIAL DAYENJOY! Gourmet Chicken Gourmet Chicken Green Beans Green Beans Diced Roasted Potatoes Wheat Roll Fruit Gelatin 14 SPECIAL DAYENJOY! Gourmet Chicken Green Beans Carved Turkey (No Dressing, no gravy) Carved Turkey (No Dressing, no gravy) Carved Turkey (No Dressing, no gravy) Beef Stroganoff (No nessed) Squash Medley Baked Apples Three Bean Salad Fruit Gelatin Fruit	,
Chopped Steak (No gravy) Green Peas Sweet Potatoes Broccoli Salad Fruit Grilled Chicken Gourmet Chicken Green Beans Green Beans Diced Roasted Potatoes Wheat Roll Fruit Gelatin Gourmet Chicken Greved Turkey (No Dressing, no gravy) Cauliflower (No cheese) Squash Medley Baked Apples Three Bean Salad Fruit Fr	
Green Peas Sweet Potatoes Broccoli Salad Fruit Collard Greens Cauliflower (No cheese) Cauliflower (No cheese) Squash Medley Carrots Baked Apples Wheat Roll Beets Three Bean Sala	
Sweet Potatoes Broccoli Salad Fruit Marinated Vegetable Salad Catrots Baked Apples Wheat Roll Fruit Gelatin Carrots Baked Apples Three Bean Salad Fruit Fruit Fruit Fruit	odles)
Broccoli Salad Cornbread Wheat Roll Beets Three Bean Salat Fruit Marinated Vegetable Salad Fruit Gelatin Fruit Fruit	
Fruit Marinated Vegetable Salad Fruit Gelatin Fruit Fruit	
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Carrot Raisin Salad Fruit Chocolate Chase Dia Fruit Fanov Fruit	
Carlot Raisin Galad Francy Fra	
19 20 21 22 23	
Baked Spaghetti Stuffed Peppers w/ Red Sauce Grilled Chicken Chopped Steak Beef Goulash	
Spinach Green Beans Green Peas Diced Roasted Potatoes * Vegetable Medic	y
Corn Carrots Cauliflower Baked Apples Broccoli	
Beets Italian Pasta Salad Fruit Sweet & Sour Coleslaw Cinnamon Peach	es
Fruit Fancy Apple Salad Spinach Salad (No dressing) Carrot Raisin Salad Fruit Gelatin	
Applesauce Fruit Fruit Wheat Roll Wheat Roll	
26 27 28 29	
Sliced Turkey Shepherd's Pie Roast Beef Beef Stew	
Squash Medley Stewed Tomatoes Green Beans Vegetable Medley	
Cabbage Corn Collard Greens Spinach	
Potato Salad Broccoli Cauliflower Salad Carrot Raisin Salad Fruit	
Fruit Fruit Gelatin Fruit Waldorf Salad	
Applesauce Fruit Cornbread Fruit Gelatin	