February, 2024

MARY ANN MORSE
HEALTHCARE CENTER

Menus are modified for those on restricted diets and are subject to change.
Always Available: diced buttered carrots or beets, mashed white potatoes, gravy, lemon wedge for seafood, condiments (salt, pepper, mayonnaise, ketchup, mustard, tartar sauce, sugar, Splenda)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **Lunch** Baked Chicken Beef Burgundy Broccoli Noodles, Dinner Roll *Orange Cake* **Supper** Beef Barley Soup Clam Cake Meatball Sub French Fries *Vanilla Pudding*	**2** **Lunch** Stuffed Sole Corned Beef Cabbage O'Brien Potatoes, Dinner Roll *Lemon Bar* **Supper** Clam Chowder Seafood Salad Sandwich Turkey Salad Sandwich Pickled Beets *Chocolate Chip Cookie*	**3** **Lunch** Sweet & Sour Chicken American Chop Suey Broccoli/Cauliflower Medley Mashed Potatoes, Dinner Roll *Cream Puff* **Supper** Vegetable Soup Hotdog on a Bun Hamburger on a Bun Baked Beans, Potato Chips *Butterscotch Pudding*
4 **Lunch** Baked Ham with Raisin Sauce Baked Haddock Peas & Onions Sweet Potatoes, Dinner Roll *Ice Cream Sundae* **Supper** Creamy Tomato Soup Grilled Cheese Sandwich French Toast with Syrup Potato Chips *Tropical Fruit*	**5** **Lunch** Salisbury Steak Oven Fried Chicken Creamed Corn Parsley Potatoes, Dinner Roll *Pound Cake with Peaches* **Supper** Butternut Squash Soup Quiche Lorraine Turkey Tetrazzini Cranberry Sauce, Pasta Salad *Cinnamon Apples*	**6** **Lunch** Chicken Marsala Roast Beef Glazed Carrots Rice, Dinner Roll *Lemon Meringue Pie* **Supper** Navy Bean Soup Pulled Pork Sandwich Tuna Salad Sandwich Coleslaw, Peas *Sliced Pears*	**7** **Lunch** Stuffed Shells Seafood Newburg Cauliflower, Rice Garlic Bread *Ice Cream* **Supper** Hearty Chicken Soup Lobster Mac & Cheese Fruit Plate, Cottage Cheese Stewed Tomatoes *Jell-O with Topping*	**8** **Lunch** Baked Stuffed Shrimp Stuffed Pepper Seasoned Spinach Dinner Roll *Chocolate Cake* **Supper** Vegetable Soup Chicken Tenders Egg Salad Sandwich French Fries *Peanut Butter Cookie*	**9** **Lunch** Pot Roast Baked Haddock & Crumb Topping Broccoli O'Brien Potatoes, Dinner Roll *Tiramisu* **Supper** Seafood Chowder Cheese Pizza Tuna Melt Sandwich Macaroni Salad, Potato Chips *Peaches*	**10** **Lunch** Shepherd's Pie Roast Turkey Capri Blend Vegetables Dinner Roll *Apple Strudel* **Supper** Tomato Florentine Soup Chicken Patty Sandwich on a Bun Ham Salad Sandwich Broccoli Salad *Rice Pudding*
11 **Lunch** Sweet Chili Salmon Corned Beef Cabbage Boiled Potatoes, Dinner Roll *Ice Cream Sundae* **Supper** Chicken Dumpling Soup Seafood Roll Ham & Cheese Sandwich Potato Salad *Fruit Cocktail*	**12** **Lunch** Baked Ham with Raisin Sauce Stuffed Cabbage Wax Beans Mashed Sweet Potatoes, Roll *Pineapple Upside Down Cake* **Supper** French Onion Soup Grilled Cheese Sandwich Chicken Salad Plate Three Bean Salad *Apple Turnover*	**13** **Lunch** Spaghetti with Meat Sauce Baked Scallops Italian Medley Vegetables Garlic Bread *Chocolate Pudding* **Supper** Creamy Tomato Soup Tuna Casserole Corned Beef on Rye *Pineapple Tidbits*	**14** **Lunch** BBQ Chicken Thighs Baked Tilapia Brussels Sprouts Rice, Dinner Roll *Strawberry Shortcake* **Supper** Hearty Chicken Soup Grilled Ham & Cheese Sandwich Turkey Salad Sandwich Pasta Salad, Potato Chips *Jell-O with Topping*	**15** **Lunch** Beef Pot Pie Marinated Ginger Swordfish Butternut Squash Parsley Potatoes, Biscuit *Banana Cream Pie* **Supper** Vegetable Soup Chicken Tenders Sloppy Joe on a Bun Baked Potato Wedges Diced Pears	**16** **Lunch** Baked Haddock Baked Chicken with Gravy Vegetable Medley Lyonnaise Potatoes, Dinner Roll *Frosted Lemon Cake* **Supper** Clam Chowder Crab Cakes Chicken Caesar Salad Pocket Peas, Pickles *Sugar Cookie*	**17** **Lunch** Swedish Meatballs with Noodles Cheese Omelet Chopped Broccoli Dinner Roll *Brownie* **Supper** Chicken and Dumpling Soup Tuna Melt Egg Salad Sandwich Three Bean Salad *Rice Pudding*
18 **Lunch** Baked Haddock Roast Turkey with Stuffing Butternut Squash Cranberry Sauce, Dinner Roll *Ice Cream Sundae* **Supper** Creamy Tomato Soup Grilled Cheese Sandwich Hamburger on a Bun Potato Chips *Tropical Fruit*	**19** **Lunch** Filet of Sole Meatballs with Ziti Cauliflower Garlic Bread *Chocolate Eclair* **Supper** Creamy Broccoli Soup Angel Hair Pasta Chicken Salad Sandwich Sautéed Spinach Pineapple Tidbits	**20** **Lunch** Roast Pork Vegetable Quiche Seasoned Carrots Delmonico Potatoes, Dinner Roll *Gingerbread* **Supper** Chicken Creole Soup Fishwich on a Bun Ham Salad Sandwich Coleslaw *Lemon Pudding*	**21** **Lunch** Meatloaf Baked Tilapia Corn Scalloped Potatoes, Garlic Bread *Pumpkin Pie* **Supper** Butternut Squash Soup Pasta with Sauce Turkey Salad on a Croissant Pasta Salad *Oatmeal Cookie*	**22** **Lunch** Chicken Cacciatore Roast Beef Mixed Vegetables Pasta, Dinner Roll *Gingerbread with Topping* **Supper** Minestrone Soup Cheese Pizza Seafood Salad Sandwich Potato Chips Diced Peaches	**23** **Lunch** Baked Ham with Raisin Sauce Baked Haddock Oscar Asparagus Lyonnaise Potatoes, Dinner Roll *Apple Pie* **Supper** Vegetable Soup Macaroni & Cheese Sliced Turkey Sandwich Stewed Tomatoes *Lemon Cookie*	**24** **Lunch** Stuffed Chicken Breast with Gravy Tortellini with Alfredo Sauce Green Beans Rice Pilaf, Dinner Roll *Pound Cake* **Supper** Turkey Noodle Soup Western Omelet Tuna Salad Sandwich Hash Browns *Tapioca Pudding*
25 **Lunch** Pot Roast Asian Salmon Glazed Carrots Dinner Roll *Ice Cream Sundae* **Supper** Split Pea Soup Ham and Swiss Sandwich Chicken Salad Sandwich Pasta Salad *Fruit Cocktail*	**26** **Lunch** Turkey a la King Baked Stuffed Shrimp Green Beans Dinner Roll *Apple Crisp* **Supper** French Onion Soup Roast Beef Sandwich Egg Salad Sandwich Three Bean Salad, Potato Chip *Sliced Pears*	**27** **Lunch** Chicken Cordon Bleu Liver & Onions Butternut Squash Biscuit *Peach Pie* **Supper** Hearty Chicken Soup Chef Salad Plate Johnny Cakes Sausage Links *Brownie*	**28** **Lunch** Meat Lasagna Baked Haddock Italian Blend Vegetables Parsley Potatoes, Garlic Bread Tiramisu **Supper** Corn Chowder Chicken Tenders Tuna Salad Sandwich Peas, Sweet Potato Wedges *Mandarin Oranges*	**29** **Lunch** Baked Chicken Beef Burgundy Broccoli Noodles, Dinner Roll *Orange Cake* **Supper** Beef Barley Soup Clam Cake Meatball Sub French Fries *Vanilla Pudding*		