

Resident Name: _____


Apt#: _____

Michigan House Senior Living

February 2020

LUNCH 12:00 - 1:00

SUBSTITUTIONS: #1: Chicken Salad Sandwich #2: Dinner Salad #3: Egg Salad Sandwich #4: Macaroni and Cheese

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Salisbury Steak Mashed Potatoes and Gravy Corn Fruit
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
2 Baked Ham Sweet Potatoes Broccoli Apricots	3 Country Fried Steak Roasted Potatoes Green Beans Pudding Tart	4 Pork Stir-Fry White Rice Oriental Vegetables Peaches	5 Roast Beef Mashed Potatoes and Gravy Carrots Cream Pie	6 Breaded Pork Chops Scalloped Potatoes Green Beans Cookies	7 Fish and Chips Carrots Pudding	8 Goulash Garlic Toast Wax Beans Orange Slices
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
9 Meatloaf Baked Potatoes Corn Fruited Jello	10 Cuban Sandwich Chips Fresh Orange	11 Kielbasa & Sauerkraut Mashed Potatoes Fruit Pie	12 Spaghetti & Meatballs Italian Green Beans Dinner Roll Applesauce	13 Swiss Steak Mashed Potatoes Peas Cookies	14 Tilapia  Rice Pilaf Green Beans Valentine Cupcake	15 Pork Roast & Gravy Parsley Potatoes Broccoli Donut
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
16 Fried Chicken Au gratin Potatoes Carrots Fruit Pie	17 Open Face Turkey Sandwich Caribbean Veggies Black Forest Cake 	18 Stuffed Cabbage Mashed Potatoes California Blend Vegetables Orange Slices	19 Chicken Cordon Bleu Roasted Potatoes Chef Blend Vegetables Mandarin Oranges	20 Swedish Meatballs Egg Noodles Corn Pears	21 Breaded Cod French Fries Coleslaw Mixed Fruit	22 Mostaccioli Garlic Toast Green Beans Peaches
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
23 Baked Ham Sweet Potatoes Broccoli Fruit	24 Stuffed Peppers Mashed Potatoes Corn Cookies	25 Soft Tacos Refried Beans Spanish Rice Ice Cream 	26 Kielbasa & Sauerkraut Mashed Potatoes Pears 	27 Breaded Pork Chops Baked Potatoes Italian Green Beans Apple sauce	28 Fish Nuggets Onion Rings Side Salad Fruit Cocktail	29 Sweet & Sour Meatballs White Rice Oriental Vegetables Fruit
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #

Please circle your preferred drinks:

- | | |
|-----------------|--------|
| Orange Juice | Milk |
| Apple Juice | Water |
| Cranberry Juice | Coffee |

Ash Wednesday and every Friday for Lent a non-meat item is available for Lunch and Dinner. Please let the kitchen know if you would prefer a non-meat item.

SUBJECT TO CHANGE

Resident Name: _____




Apt#: _____

Michigan House Senior Living

February 2020

DINNER 5:00 - 6:00

SUBSTITUTIONS: #1: Chicken Salad Sandwich #2: Dinner Salad #3: Fruit Plate #4: Macaroni and Cheese

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Grilled Cheese Sandwich Tomato Basil Soup Ice Cream
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
2 Cheeseburger French Fries Coleslaw Cream Pie 	3 Polish Sausage Au gratin Potatoes Peas Pudding	4 Chili Side Salad Cornbread Pears	5 Grilled Chicken Sandwich Green Beans Ice Cream	6 Meatball Sub Onion Rings Pears	7 Chicken Salad on Croissant Pasta Salad Peaches	8 Hot Dog French Fries Coleslaw Apricots
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
9 Grilled Ham & Cheese Sandwich Tomato Soup Donut	10 Chicken Pot Pie Side Salad Pudding	11 Cheeseburger Onion Rings Ice Cream	12 Chicken Tenders French Fries Coleslaw Mandarin Oranges	13 Salami & Cheese Sub Chips Fruit Pie	14 Chicken Stew over a Biscuit Side Salad Ambrosia Salad 	15 Chili Dog French Fries Ice Cream
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
16 Hot Roast Beef Sandwich Mixed Vegetables Fruit	17 Macaroni & Cheese Stewed Tomatoes German Chocolate Cake	18 Ham & Cheese Sliders Chicken Noodle Soup Cookies	19 Turkey & Swiss Croissant Potato Soup Mixed Fruit	20 Rueben Sandwich Onion Rings Pudding	21 Chicken Pot Pie Side Salad Frosted Cupcake	22 Smoked Sausage Au gratin Potatoes Peas Ice Cream
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
23 Chicken Tenders Macaroni & Cheese Carrots Fruit	24 Hot Turkey Sandwich Italian Green Beans Fruit Pie	25 Chicken Salad Croissant Pasta Salad Fruit 	26 Sloppy Joe Tater Tots Green Beans Ice Cream	27 Grilled Ham & Cheese Sandwich Tomato Soup Pudding	28 Chicken Ala King over a Biscuit Fruit Pie	29 Polish Sausage with Peppers & Onions Chicken Noodle Soup Donut
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #

Please circle your preferred drinks:

- Orange Juice
- Apple Juice
- Cranberry Juice
- Milk
- Water
- Coffee

Ash Wednesday and every Friday for Lent a non-meat item is available for Lunch and Dinner. Please let the kitchen know if you would prefer a non-meat item.

SUBJECT TO CHANGE