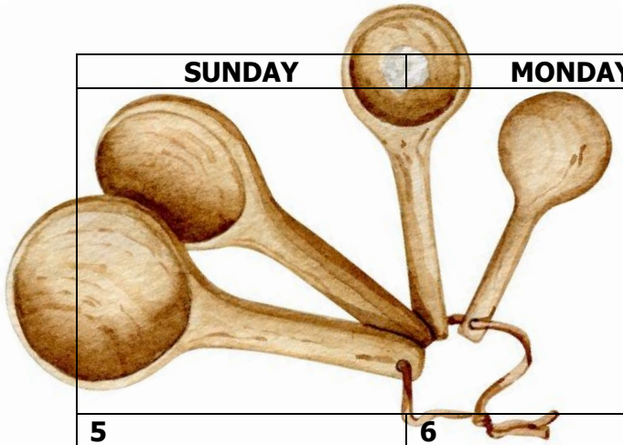
MENU FOR FEBRUARY 2023 IN THE GARDEN OF EDEN RESTAURANT



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 **Lunch** Rueben Sandwich **Dinner** Lasagna **Or** Shrimp & Pea Pod Stir-Fry	**2** **Lunch** BLT on White **Dinner** Chicken & Dumplings **Or** Salisbury Steak	**3** **Lunch** Tuna Salad on Wheat **Dinner** Steamed Shrimp **Or** Grilled Chicken with Mushroom Gravy	**4** **Lunch** Hot Ham & Cheese On Rye **Dinner** Beef Pepper Steak **Or** Knockwurst & Sauerkraut
5 **Lunch** Sliced Turkey on Wheat **Dinner** Stuffed Chicken Breast **Or** Baked Salmon	**6** **Lunch** Chicken Breast **Dinner** Beef Burgundy **Or** Breaded Sea Strips	**7** **Lunch** Cold Cut Sub **Dinner** Swiss Steak **Or** Three Cheese Quiche	**8** **Lunch** Eggs Salad on Wheat **Dinner** Chicken Tenders **Or** Sausage with Sauteed Peppers & Onions	**9** **Lunch** Sliced Ham on White **Dinner** Hungarian Goulash **Or** Lime Marinated Chicken Breast	**10** **Lunch** Bologna & Cheese Sandwich **Dinner** Lemon Baked Cod **Or** Chicken in Wine Sauce	**11** **Lunch** Chicken Salad on a Bed of Lettuce **Dinner** Tuscan Roasted Pork **Or** Creamed Chip Beef over Biscuits
12 **Lunch** Smoked Turkey Sandwich **Dinner** Cider Glazed Ham **Or** Roast Chicken	**13** **Lunch** Ham & Swiss on Wheat **Dinner** Meatloaf **Or** Salmon Cakes	**14** **Lunch** Chicken Salad **Dinner** Special Valentine's Meal	**15** **Lunch** Fish Patty on a Roll **Dinner** Lamb Stew **Or** Chicken Wings & Potato Wedges	**16** **Lunch** Sliced Roast Beef **Dinner** Corned Beef and Cabbage	**17** **Lunch** Chicken Salad on Wheat **Dinner** Chicken Cordon Bleu **Or** Buttered Cod	**18** **Lunch** Hot Dog on a Bun **Dinner** Chili **Or** Ham, Cabbage, & Potatoes

* Please note: Low-fat salad dressings and low-fat menu items are available every evening; Baked Chicken, Salmon, Vegetable Plate, Steak Burger, Turkey Burger or Garden Burger, Chef Salad, Cobb Salad, Baked Potato, Baked Sweet Potato, Brown Rice and Seasonal Plate. This symbol denotes low-fat menu items.

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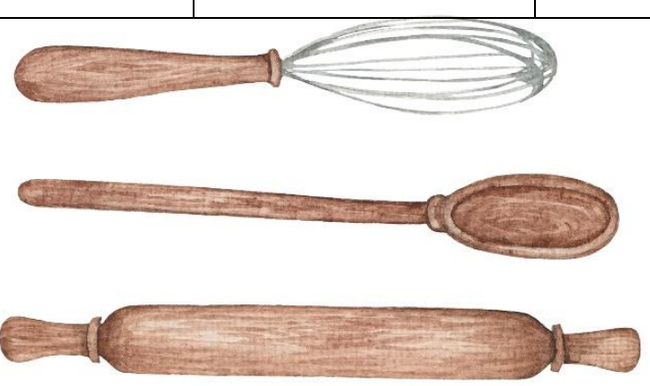
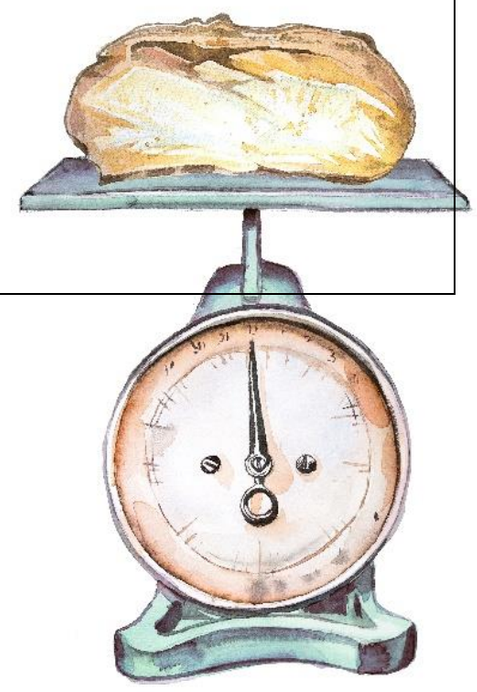
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 **Lunch** Tuna Melt **Dinner** Yankee Pot Roast **Or** Rosemary Roast Chicken	**20** **Lunch** Ham & Cheese on a Croissant **Dinner** Chicken Stuffed with Broccoli **Or** Beef Ravioli	**21** **Lunch** Sliced Turkey on White **Dinner** Baked Fish **Or** Country Fried Steak	**22** **Lunch** Chicken Wrap **Dinner** Spaghetti & Meat Balls **Or** Chicken-a-la-King over Rice	**23** **Lunch** BLT on White **Dinner** Hot Roast Beef Sandwich with Gravy **Or** Quiche Lorraine	**24** **Lunch** Egg Salad on Wheat **Dinner** Shrimp Scampi over Noodles **Or** BBQ Chicken	**25** **Lunch** Hamburger on a Roll **Dinner** Beef Ragout **Or** Pasta Primavera
26 **Lunch** Bologna & Cheese on White **Dinner** Lamb Roast **Or** Baked Chicken	**27** **Lunch** Chicken Salad on a Bed of Lettuce **Dinner** Eggplant Parmesan **Or** Beef Stroganoff	**28** **Lunch** Sliced Roast Beef on Rye **Dinner** Roast Pork **Or** Liver and Onions				





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