

# St. Charles COA February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Sliced Turkey Breast Poultry Gravy Garlic Whipped Potatoes Green Peas Dinner Roll Chocolate Swirl Pudding Milk Margarine	Salisbury Steak Northern Beans Parslied Carrots Wheat Bread Seasonal Fruit Chocolate Milk Margarine
5	6	7	8	9
Meatloaf Brown Gravy Country Potatoes Green Beans Wheat Bread Fudge Creme Cookie Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Fluffy Fruit Salad Saltine Crackers Graham Crackers Milk Salad Dressing Margarine	Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Cornbread Seasonal Fruit Milk	Glazed Ham Black-eyed Peas Cabbage Dinner Roll Mississippi Mud Pudding Milk Margarine	Chicken & Sausage Gumbo Steamed Rice Garden Vegetable Blend 100% Fruit Juice Saltine Crackers Devil's Food Cake Milk Margarine
12	13	14	15	16
Smoked Sausage Red Kidney Beans Parslied Rice Brussels Sprouts Wheat Bread Banana Moon Pie Milk Margarine	<b>Closed for Holiday</b>	<b>~ Ash Wednesday ~</b> Tuna Salad Carrot Raisin Salad Applesauce Wheat Bread (2) Glazed Cinnamon Cake Milk	Oven Fried Chicken Mashed Red Potatoes Summer Vegetable Blend Texas Bread Seasonal Fruit Milk Margarine	<b>~ Lent Meal ~</b> Krab Cake Delmonico Potatoes Peas and Carrots Dinner Roll White Cake Milk Tartar Sauce
19	20	21	22	23
Creole Steak Whipped Potatoes Broccoli Florets Wheat Roll Seasonal Fruit Milk Margarine	Baked Chicken Poultry Gravy Mixed Beans Cabbage Wheat Bread Strawberry Cake Milk Margarine	Meatballs & Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Texas Bread Oatmeal Creme Cookie Milk Margarine	Pork Roast Brown Gravy Navy Beans Mixed Greens Cornbread Seasonal Fruit Milk Margarine	<b>~ Lent Meal ~</b> Seafood Salad Coleslaw Green Pea Salad Saltine Crackers Birthday Cake Milk
26	27	28	29	
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine	Beef Frank Baked Beans Tater Tots Hot Dog Bun Seasonal Fruit Milk Ketchup	Bowtie Lasagna Whole Kernel Corn Green Beans Texas Bread Marble Cake Milk Margarine	Sliced Turkey Breast Poultry Gravy Garlic Whipped Potatoes Green Peas Dinner Roll Chocolate Swirl Pudding Milk Margarine	 <p><b>TRIO</b> Community Meals</p> <p><b>Nourishment through compassionate care.</b></p>

*Kim Dommert RD, LD*

