

DELCO HOT - FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			H382	H383
			CREAMY PARMESAN CHICKEN (3oz EP chicken, 2oz thin white parm sauce) ½ cup broccoli ½ cup penne 2oz WW roll, pc marg ½ cup peaches	RAVIOLIS W ROASTED RED PEPPER SAUCE (1/2 c PS Ricotta, 1 oz PS Mozz, 2 oz sauce, ¼ c pasta) ½ cup sauteed spinach w carrots ½ c Corn Fresh Orange
5	6	7	8	9
H384	H385	H386	H387	H388
FAJITA CHICKEN (3oz EP chicken 2oz peppers and onions) ½ cup seasoned corn and black beans 1/2 cup Spanish rice 1sl/oz WW bread, pc Marg ½ cup pineapples	PIZZA BURGER (3oz EP beef, 0.5oz mozz cheese, 2 T tomato sauce) ½ cup mixed vegetables (corn, carrot, pea, green bean) ½ cup Cauliflower 2oz WW hamburger bun, pc marg 2oz sweet muffin	PANKO CRUSTED TILAPIA (3oz EP tilapia) ½ cup green beans ½ cup Scalloped potatoes 1 slice WW bread, pc marg Fresh Pear	PAPRIKA BAKED CHICKEN THIGH (3oz EP chicken) ½ cup Cole slaw ½ cup mashed potatoes 1sl WW Bread, pc marg ½ cup peaches	SPINACH & SWISS OMELET (3oz EP egg Omelet, 0.5oz swiss cheese, 1 oz spinach) ½ cup roasted red potatoes ½ cup warm apples 2oz WW roll, pc marg ½ cup berry applesauce
12	13	14	15	16
H389	H390	SPPCA-VAL-HOT	H392	H393
SWEDISH MEATBALL (3-1oz EP meatballs) w 2oz gravy ½ cup buttered wide noodles ½ cup peas 1oz WW bread, pc marg ½ cup mandarin oranges	BALSAMIC GLAZED CHICKEN (3oz EP chicken) w 1oz sauce & 0.5oz PS mozzarella cheese ½ cup penne pasta ½ cup collard greens 2oz WW roll, pc marg Fresh Apple	MEATBALLS W/ MARINARA SAUCE Spaghetti Sliced carrots Tossed salad w/ PC Italian dressing Dinner roll Cheesecake w/ fruit topping on the side	HAWAIIAN CHICKEN (3oz EP chicken – 1oz soy, sesame, pineapple sauce) ½ cup confetti rice (w peppers) ½ cup marinated cucumber salad 2oz white roll, pc marg ½ cup fruit cocktail	BAKED ZITI W SPINACH (3/4 c ziti noodles, ½ c PS ricotta, 1oz PS mozzarella, 1oz spinach, 2 oz tomato sauce) ½ cup warm spiced (cinn, nutmeg) peaches ½ c Cali Blend (carrot, cauliflower, broccoli) 1oz sugar cookie
19	20	21	22	23
H374	H375	H376	H377	H378
HONEY-ROSEMARY CHICKEN (3oz EP chicken) ½ c brown Rice Pilaf Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing) 1sl/oz WW bread, pc marg ½ cup fruit cocktail	PINEAPPLE GLAZED PORK (3oz EP pork, 2oz pineapple sauce) ½ cup sweet potatoes ½ cup green bean almondine 2oz WW roll, pc marg ½ cup cinnamon applesauce	MEATLOAF (3oz EP beef) W 2oz GRAVY ½ cup whipped potatoes ½ cup peas and carrots 1sl/oz white bread, pc marg Fresh Apple	CHEESE OMELET & TURKEY SAUSAGE (3oz EP cheese omelet, 1oz EP turkey sausage) ½ cup diced potatoes with peppers and onions ½ cup spinach w carrots 1oz/sl WW bread, pc marg 2oz sweet muffin	TILAPIA WITH CREAMY DILL SAUCE (3oz EP tilapia) ½ cup carrot coins ½ cup Vegetable brown rice 2 oz whole wheat roll, margarine ½ cup mandarin oranges
26	27	28	29	
H379	H380	H381	H382	
HERB ROASTED CHICKEN THIGH (3oz EP chicken thigh w 2oz herb chicken gravy) ½ cup mixed vegetables (corn, carrot, pea, green bean) ½ cup roasted red potatoes 2oz WW roll, pc margarine ½ cup applesauce	HEARTY BEEF STEW (3oz EP beef, 2oz gravy) ½ cup Stewed veggies - carrots, potato, peas ½ cup cauliflower 2oz WW Roll, pc marg 1oz oatmeal cookie	SLICED TURKEY & STUFFING & ORANGE THYME GRAVY (3oz EP turkey, 2oz gravy, ¼ c stuffing) ½ cup brussel sprouts ½ c carrot and raisin salad 1 slice WW bread, pc marg ½ cup pears	CREAMY PARMESAN CHICKEN (3oz EP chicken, 2oz thin white parm sauce) ½ cup broccoli ½ cup penne 2oz WW roll, pc marg ½ cup peaches	

