

February

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|----------|
| | 1 Soup and sandwich | 2 Beef or turkey tacos | 3 Baked chicken Mac and cheese Green beans | 4 Shrimp and veggie stir fry | 5 Pizza night | 6 |
| 7 Chili Cornbread <small>Superbowl</small> | 8 Slow cooker soup or stew | 9 Chicken enchiladas Rice and beans Salad | 10 Roasted salmon Roast potatoes Steamed veggie | 11 Chicken curry Steamed rice Peas | 12 Spaghetti Salad Bread | 13 |
| 14 Steaks Twice-baked potatoes Veggie medley <small>Valentine's Day</small> | 15 Stuffed squash with sausage and veggies | 16 Fish tacos Coleslaw | 17 Pork tenderloin Potato wedges Asparagus | 18 One pot pasta | 19 Burgers Oven fries Green salad | 20 |
| 21 Roast chicken Rice pilaf Broccoli | 22 Sloppy Joe's Baked potatoes Peas & carrots | 23 Chicken fajitas with rice | 24 Salmon cakes Mashed potatoes Steamed veggie | 25 Chicken and veggie pasta | 26 Beef or chicken nachos Salad | 27 |
| 28 Pork chops Sweet potatoes Steamed veggie | | | | | | |