

February 2023 *Eat Well Café Menu*

Mon	Tue	Wed	Thu	Fri
		1 Bacon Cheeseburger Bake - Manicotti (or stuffed pasta)	2 Creamy Mushroom Chicken - Korean Pulled Pork	3 Cod Florentine - Hearty Beef Chili
6 Chicken Makhani - Tilapia Scaloppine	7 Orange-Soy Salmon - Beef Stir Fry	8 Pork Chilaquiles - Ratatouille	9 Pasta Puttanesca - Chicken Florentine	10 Swedish Meatballs - Sausage & Wild Rice Casserole
13 Thai Chicken Pasta - Rosemary Pork	14 Chicken Piccata - Spaghetti with Meat Sauce	15 Lemon Pepper Cod - BBQ Chicken	16 Shepperd's Pie - Three Bean Chili	17 Italian Breaded Pork Chops - Blackened Catfish
20 Presidents Day Café Closed	21 Bruschetta Chicken - Roast Pork	22 Cider-Glazed Pork Loin - Chicken Parmesan	23 Chinese Pepper Steak - Krabby Cakes	24 Cornmeal Crusted Catfish - Salisbury Steak
27 BBQ Pulled Pork - Beef Tips in Red Wine	28 Chef John's Meatloaf - Chicken & Broccoli Casserole		<i>Enjoy our new menu at Eat Well Café Open 11–1:00 Weekdays Sara Steinman, Café Manager John Bleil—Chef</i>	