

SILVERWOODS AT
COMPLETE CARE

10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
Monday	Tuesday	Wednesday "WOW" WEDNESDAY	Thursday	Friday VALENTINE'S DAY	Saturday	Sunday
Appetizer		Appetizer Caprese Salad		Appetizer Asparagus Tips French Pastry		
Soup Vegetable Beef Cm. of Cauliflower	Soup Vegetable Corn Chowder	Soup Cream of Spinach	Soup Cream of Broccoli Beef Noodle	Soup Italian Wedding	Soup Clam Chowder	Soup Chicken Noodle
Salad Tri-Color Orzo Salad	Salad Tossed Greens	Salad Tossed Greens	Salad Tossed Greens	Salad Tossed Greens	Salad Tossed Greens	Salad Tossed Greens
Entrees Cheeseburger w/lettuce& Tomato Onion Chicken Alfredo over Linguini	Entrees Meatloaf with Gravy Cornish Hens	Entrees Shrimp Scampi Over Linguini BBQ Ribs (all ribs are BBQ) Baked Pangasius	Entrees Roast Turkey with Stuffing Pork Chops with Kraut & Apple Sauce	Entrees Lollipop Lamb Chops/Mnt Jelly Cuori Rossi Ravioli Mango Salsa Flounder	Entrees Roast Beef / Gravy Sausage - Onions Peppers	Entrees Beef Strogonoff over Rice Baked Chicken Leg
Side Dishes Smashed Potato Pasta with Sauce French Fries Peas & Onions Buttered Carrots	Side Dishes Mashed Potato Frakes Grean Beans Stewed Tomatoes	Side Dishes Mashed Sweet Pot Baked Potato Scalloped Potato Green Beans Cauliflower with Cheese	Side Dishes Mashed Potato Oven Roasted Potato California Blend Mashed Cauliflower	Side Dishes Stuffing with Craisins Red Bliss Potato Buttered Beets Red Coined Carrots	Side Dishes Sweet Potato Mashed Potato French Fries Key West Veg Broccoli	Side Dishes Mashed Potato White Rice Cauliflower Peas & Carrots
Dessert Cherry Pie	Dessert Crumb Cake	Dessert Tiramisu Cake	Dessert Cherry Filled Cupcakes	Dessert Flute Frutti DiBosco (Mixed Berry Flute)	Dessert Orange Cake	Dessert Asst. Dessert

Menu Subject to Change at Any Time
Week 3