

February 2024

Mon	Tue	Wed	Thu	Fri
<b>Suggested Contribution of \$5.00 per meal</b>			1 Pulled Pork Bun Coleslaw Baked Apples Milk	2 Cheese Ravioli Meat Sauce Garlic Bread Italian Vegetables Caeser Salad Milk
5 Glazed Ham Slices Hawaiian Roll Sweet Potatoes Corn Casserole Milk	6 Beef Enchilada Casserole Mexican Rice Black Bean/Corn Salad Pears Milk	7 Pork Loin Dressing/Roll Mashed Potatoes Gravy Green Beans/Onions Milk	8 Creamy Baked Chicken Rice Pilaf Ginger Carrots Roasted Garlic Broccoli Milk	9 Parmesan Crusted Fish Mac & Cheese Stewed Tomatoes Baked Asparagus Milk
12 Salisbury Steak Mashed Potatoes Gravy Peas & Onions Milk	13 Roast Beef Roll Potatoes & Carrots Warm Fruit Compote Milk	14 Valentine's Day Beef Lasagna Garlic Bread Ceasar Salad Italian Blend Vegetables Milk Strawberry Cheesecake	15 French Dip/Au Jus Bun Roasted Root Veg Ambrosia Fruit Salad Milk	16 Tuna Salad Sandwich Vegetable Soup Crackers Peaches Milk
19 <b>CLOSED</b>	20 Meatloaf Bread Mashed Potatoes Gravy Roasted Brussel Sprouts Milk	21 Ham & Beans Cornbread Spinach Potatoes & Onions Milk	22 Beef Lasagna Garlic Breadstick Tossed Salad Tuscan Blend Veg Milk	23 Baked Fish Cornbread Pinto Beans Coleslaw Milk
26 Terriyaki Chicken Fried Rice/Eggroll Stir Fry Vegetables Fruit Cocktail Milk	27 Beef Chili Cracker/Cornbread Twice Baked Potato Roasted Cauliflower Milk	28 Baked Fried Chicken Biscuit Mashed Potatoes Gravy Country Blend Veg Milk	29 Pulled Pork Bun Coleslaw Baked Apples Milk	

# Rolla Nutrition Site Calendar of Events 341-2929

February 2024						
← January						March ►
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Hidden Picture Handout!	2 Bingo at 1:00 in the dining room for small prizes.  Groundhog Day!	3	4
5 Read your Fraud Facts!	6 Bingo at 1:00 in the dining room for small prizes.	7 Blood pressure screening at 10:30 in the dining room by Oak Pointe & Rolla Health & Rehab  Senior Tax Credit Rebate Assitance 10-2 in the dining room by Aging best call for appt; 800-369-5211	8 Word Search Handouts!	9 Bingo at 1:00 in the dining room for small prizes.	10	11
12  Lincoln's Birthday!	13 Bingo at 1:00 in the dining room for small prizes.	14 Valentine's Day Give someone a Valentine today! Guessing Game at 12:00! Blood pressure screening at 10:30 by Oak Pointe and Rolla Health & Rehab  Ash Wednesday	15 Hidden Picture Handouts!	16 Bingo at 1:00 in the dining room for small prizes.	17	18
19 Center Closed  Presidents' Day!	20 Bingo at 1:00 in the dining room for small prizes.	21 Blood pressure screening at 10:30 in the dining room by Oak Pointe and Rolla Health & Rehab	22 Good day to call a friend!  Washington's Birthday!	23 Bingo at 1:00 in the dining room for small prizes.	24	25
26 RNS Site Council Mtg at 1:00	27 Bingo at 1:00 in the dining room for small prizes.	28 Blood pressure screening in the dining room at 10:30 by Oak Pointe and Rolla Health & Rehab	29 Invite someone to lunch with you!			