

February

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3rd

Tikki Masala Quesadillas

Brisket Grilled Cheese

Heart Healthy Plate

4th

Chicken Ramen Bowl

Action Station

Heart Healthy Plate

5th

Sloppy Joe Sandwiches

Turkey Crunch Ciabatta

Heart Healthy Plate

6th

Pineapple Chicken or Shrimp Laki Bowls

Grilled Chicken Avocado Sandwich
Heart Healthy Plate

7th

Superbowl Celebration

Loaded Nachos or Tater Tots

Chili Dogs
Corn Dogs
Heart Healthy Plate

10th

Country Style Meatloaf

Grilled Reuben Sandwich

Heart Healthy Plate

11th

Make your own Burrito Bowl
...steak
...chicken
...ground beef

Heart Healthy Plate

12th

General Tso Chicken

Cashew Chicken Stir Fry

Heart Healthy Plate

13th

Chargrilled Steak Sandwich

Crispy Chicken Sandwich
Action Station

Heart Healthy Plate

14th


AI Pastor Burger

Catfish Nuggets

Spicy Maple Crispy Chicken Sandwich

Heart Healthy Plate

17th

Cheesy Chicken Tater Tot Casserole

Smash Burgers

Heart Healthy Plate

18th

Swedish Meatballs

Broccoli Rigatoni

Heart Healthy Plate

19th

Inside Out Egg Roll Bowl

Frito Pie Bowl

Heart Healthy Plate

20th

Gourmet Cold Sandwich Bar

Heart Healthy Plate

21st

Garlic Grilled Salmon

Meat Lasagna

Heart Healthy Plate

24th

Country Style Meatloaf

Dijon Turkey Bacon Panini

Heart Healthy Plate

25th

Steak Tacos

Chicken Quesadillas

Heart Healthy Plate

26th

BBQ Ribs

BBQ Chicken
Action Station

Heart Healthy Plate

27th

Pot Roast

Pulled Pork Sandwich

Heart Healthy Plate

28th

Chili Cornbread Bake

Hot Honey Crispy Chicken

Heart Healthy Plate

Rochelle Community Hospital
Weekend hours 11am-1pm
Lunch Hours 11:30-1:15