

PRMC FEBRUARY 2020 MENU

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Jerked Chicken/Mango Pico Beefy Mac Mashed Sweet Potatoes Brown Rice Steamed Broccoli Simmered Greens	Salisbury Steak Garlic Ranch Chicken Baked Beans Mashed Potatoes/Gravy Sauteed Green Beans Vegetable Medley	<u>Wing Bar</u> Buffalo, Honey Mustard & BBQ Sauces Carrots & Celery Healthy Option Available	Roselyn's Pineapple Chicken Pepper Steak w/ Broccoli Steamed Rice Hunan Lo Mein Oriental Vegetables Sauteed Spinach	Blackened Salmon Balsamic Flank Steak Roasted Red Potatoes Rice Pilaf Ratatouille Grilled Asparagus
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Meatloaf Fried Chicken Mashed Potatoes/Gravy Wild Rice Pilaf Squash Medley Roasted Root Veggies	Smoked Brisket Chicken & Dumplings Ranch Beans Mac & Cheese Green Beans with Bacon Steamed Spinach	<u>Chili Bar</u> Steak Fries Fritos & Cheese Sauce Mac & Cheese Tamales Healthy Option Available	Corned Beef Herb Roasted Chicken New Potatoes Vegetable Rice Steamed Cabbage Balsamic Carrots	Fried Cod Flat Iron Steak w/ Demiglace Cheddar Bay Biscuits Baked Potatoes Fried Okra Asparagus
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Fried Pork Chops Lemon Artichoke Chicken Garlic Mashed Potatoes Buttered Pasta Broccoli w/ Peppers Sauteed Mushrooms	Pot Roast Schezuan Shrimp Roasted Baby Potatoes Coconut Rice Pilaf Steamed Carrots Sauteed Spinach	<u>Italian Bar</u> Lasagna Assorted Pastas & Sauces Meatballs Chicken & Shrimp Eggplant Parmesan Healthy Option Available	Mustard Rubbed Flank Steak Glazed Salmon Mashed Yukon Gold Potatoes Steamed Brown Rice Steamed Asparagus Roasted Brussels Sprouts	Fried Catfish Sweet Chili Glazed Chicken Hushpuppies Corn on the Cob Baby Carrots Brazilian Kale
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Beef Tips with Gravy Turkey Tetrazini Buttered Noodles Quinoa Pilaf Roasted Cauliflower Vegetable Medley	Rueben Sandwiches Blackened Chicken Breast Homemade Potato Chips Corn Maque Choux Turnip Greens Grilled Asparagus	<u>Mashed Potato Bar</u> Chicken Poppers Bacon Assorted Toppings Brown and Cream Gravies Healthy Option Available	Chopped Steak Chicken Pot Pie Mashed Potatoes/Gravy Baked Sweet Potatoes Fried Green Tomatoes Steamed Green Beans	Fried Shrimp Roasted Chicken Quarters Succotach Roasted New Potatoes Steamed Broccoli Garlic Spinach