FOREVER CARING *Adult Day Health Care* **Equal Opportunity Employer and Provider** **Program Hours:** **Monday – Friday 9:00 am – 2 pm** **(310) 538-5808**

FEBRUARY BLACK HISTORY MONTH 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1.) BREAKFAST Oatmeal, Wheat Toast, Seasonal Fruit, Low fat Milk, Decaf Coffee/Tea **LUNCH** Turkey Tamale Pie, Spanish Rice, Green Salad, Seasonal Fruit, Low Fat Milk **SNACK** Cookies, Low Fat Milk	**2.) BREAKFAST** Turkey Ham, Grits, Scrambled Eggs, Wheat Toast, Seasonal Fruit, Low fat Milk, Decaf Coffee/Tea **LUNCH** Tuna Sandwich, Vegetable Soup, Green Salad, Wheat Bread, Butter Cake, Seasonal Fruit, Low Fat Milk **SNACK** Seasonal Fruit, Low Fat Milk
5.) BREAKFAST Cream of Wheat, Wheat toast, Seasonal Fruit, Non-Fat Milk, Decaf Coffee/ Tea **LUNCH** Beef Potatoes Burritos, Wheat Shells, Green Salad, Seas. Fruit, Low Fat Milk **SNACK** Cottage & Pineapple, Non-Fat Milk	**6.) BREAKFAST** Oatmeal, English Muffins, Seasonal Fruit, Non- Fat Milk, Decaf Coffee/ Tea **LUNCH** Chicken Jambalaya Rice, Mixed Salad, Wheat Bread, Seas. Fruit, Low Fat Milk **SNACK** Seasonal Fruit, Low Fat Milk	**7.) BREAKFAST** Corn Flakes, Cinnamon Toast, Seasonal Fruit, Low Fat Milk, Decaf Coffee/Tea **LUNCH** Cod Fish, Oven Fries, Sweet Peas & Corn, Wheat Bread, Seasonal Fruit, Low Fat Milk **SNACK** Yogurt, Low Fat Milk	**8.) BREAKFAST** Coffee Cake, Seasonal Fruit, Low fat Milk, Decaf Coffee/Tea **LUNCH** Turkey Burgers, Potato Salad, Green Salad, Seasonal Fruit, Low Fat Milk **SNACK** Graham Crackers, Low Fat Milk	**9.) BREAKFAST** Waffles, Turkey Sausage, Scrambled Eggs, Seasonal Fruit, Non Fat Milk, Decaf Coffee/Tea **LUNCH** Glazed Ham, Mac & Cheese, Carrots, Wheat Bread, Peanut Butter Cookies, Seasonal Fruit, Non Fat Milk **SNACK** Peaches, Non Fat Milk
12.) BREAKFAST Cream of Wheat, Wheat Toast, Seasonal Fruit, Non Fat Milk, Decaf Coffee /Tea **LUNCH** Smothered Chicken, Rice, Squash, Biscuit, Seasonal Fruit, Non Fat Milk **SNACK** Mix Fruit, Non Fat Milk	**13.) BREAKFAST** Cherrios, Cinnamon Toast, Seas Fruit, Low Fat Milk, Decaf Coffee/Tea **LUNCH** Turkey Tacos, Spanish Rice, Green Salad, Seasonal Fruit, Non Fat Milk **SNACK** Vanilla Wafers, Non Fat Milk	**14.) BREAKFAST** Coffee Cakes, Seasonal Fruit, Non Fat Milk Decaf Coffee/Tea **LUNCH** Beef Stroganoff, Peas & Corn, Wheat Bread, Seasonal Fruit, Non Fat Milk **SNACK** Peanut Butter & Crackers, Apple Juice	**15.) BREAKFAST** Oatmeal, Wheat Toast,, Seasonal Fruit, Non Fat Milk, Decaf coffee/Tea **LUNCH** Cheese Quesadilla, Rice, Broccoli, Tortillas, Seasonal Fruit, Non Fat Milk **SNACK** Fruit, Non Fat Milk	**16.) BREAKFAST** Pancakes, Scrambled Eggs, Seasonal Fruit, Non Fat Milk, Decaf Coffee/Tea **LUNCH** BBQ Chicken, Mashed Potatoes, Green Beans, Wheat Bread, Fruit Parfaits, Non Fat Milk **SNACK** Graham Crackers, Apple juice
19.) **BREAKFAST** Corn Flakes, Wheat Toast, Seasonal Fruit, Non Fat Milk, Decaf Coffee /Tea **LUNCH** Chicken Salad Sandwich, Green Salad, Steamed Vegetables, Seasonal Fruit, Non Fat Milk **SNACK** Seasonal Fruit, Apple Juice	**20.) BREAKFAST** Oatmeal, Cinnamon Toast, Seasonal Fruit, Non Fat Milk, Decaf Coffee/Tea **LUNCH** Grilled Tilapia, Garlic Potatoes, Sliced Tomatoes, Wheat Bread, Seasonal Fruit, Non Fat Milk **SNACK** Peanut Butter Crackers & Non Fat Milk	**21.) BREAKFAST** Waffles, Seasonal Fruit, Apple Juice, Non Fat Milk, Decaf Coffee/ Tea **LUNCH** Baked Pork Chop, Brown Rice, Green Beans, Green Salad, Wheat Bread, Non Fat Milk **SNACK** Cottage Cheese & 1 fruit cup, Non Fat Milk	**22.) BREAKFAST** Grits, Wheat Toast, Seasonal Fruit, Non Fat Milk, Decaf Coffee/Tea **LUNCH** Cheese Burgers, Oven Fries, Lettuce, Tomatoes & Onions ,Buns, Seasonal Fruit, Dinner Roll, Non Fat Milk **SNACK** Fruit Cocktail, Non Fat Milk	**23.) BREAKFAST** Hash brown, Turkey Sausage, Biscuit, Scrambles Eggs, Seasonal Fruit, Non Fat Milk, Decaf Coffee/Tea **LUNCH** Baked Chicken, Red Beans & Rice, Corn Bread, Green Salad, Carmel Apple Slices, Non Fat Milk **SNACK** Yogurt, Non Fat Milk
26.) BREAKFAST Rice Krispies, Cinnamon Toast, Seasonal Fruit, Low Fat Milk, Decaf Coffee/Tea **LUNCH** Chili Mac, Zucchini, Garlic Bread, Seasonal Fruit, Low Fat Milk **SNACK** Seasonal Fruit & Low Fat Milk	**27.) BREAKFAST** Cream of Wheat, Wheat Toast, Seasonal Fruit, Low Fat Milk, Decaf Coffee/Tea **LUNCH** Roast Beef w/ Gravy, Mashed Potatoes, Broccoli, Dinner Rolls, Seasonal Fruit, Low Fat Milk **SNACK** Mixed Fruit, Non Fat Milk	**28.) BREAKFAST** Corn Flakes, Wheat Toast, Non Fat Milk, Decaf Coffee/Tea **LUNCH** Baked Chicken, Yellow Rice, Sweet Peas, Wheat Bread, Seasonal Fruit, Non Fat Milk **SNACK** Brownies, Non Fat Milk