

Lakeshore Cafe

February 2012

www.broomfieldseniors.com

RESERVATIONS NEEDED BY 4:00 PM THE DAY BEFORE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Healthy Hearts Rustic Italian Cod Rice Pilaf Broccoli Mixed Spinach Salad Fresh Fruit w/Berries	2 Salisbury Steak Scalloped Apples Green Beans Potato Salad Pecan Pie	3 Superbowl/Birthday Lunch/ Baked Potato Bar w/Beef Chili & Broccoli Cheese Soup Salad Bar Jell-O Cake
6 Sweet & Sour Chicken over Jasmine Rice Veggie Egg Rolls Soybean Medley Asian Slaw Cherry Cobbler	7 Beef Stroganoff over Egg Noodles Sweet Peas Greek Tomato Salad Brownies	8 Rio Grande Pork Loin Baked Beans Cauliflower Pub Salad Banana Cake	9 Chicken Enchilada Casserole Spanish Rice Refried Beans Zucchini Salad Flan	10 Sausage & Peppers over Penne Pasta Winter Vegetables Caesar Salad Chocolate Zucchini Bread
13 Cabbage Rolls Potatoes Au Gratin Buttered Peas Carrot Raisin Salad Chocolate Cream Pie	14 Valentine Lunch Roast Beef w/Horseradish Sauce Mashed Potatoes Dutch Beets Fresh Green Salad Cupid Cake	15 Healthy Hearts Asian BBQ Salmon Wild Rice Asparagus Baby Spinach Salad Spiced Apple Rings	16 Chicken Cordon Bleu Grilled Red Potatoes Spaghetti Squash Green Pea Salad Sliced Peaches	17 Beef Tamales Corn Medley Black Beans Green Leaf Salad Strawberry Mousse
20 CLOSED FOR PRESIDENTS DAY	21 Mardi Gras Chicken & Sausage Gumbo over Rice Cattfish Nuggets w/Cajun Tartar Sauce Mixed Green Salad Red Velvet Cake	22 Apple Walnut Chicken Baked Yams Green Beans Amandine Beet Salad Ice Cream Cup	23 BBQ Beef Sandwich Baked Beans Cauliflower Macaroni Salad Apple Pie	24 Egg Salad Sandwich Pickle Spear Cottage Cheese Tuscan Tomato Salad Lemon Bars
27 Spinach & Cheese Stuffed Sole Garden Vegetable Rice Snap Peas Crisp Romaine Salad Fruit Cup	28 Baked Ham Mac & Cheese Brussels Sprouts Coleslaw White Chocolate & Macadamia Nut Cookies	29 Savory Beef Tips over Rice Glazed Carrots 4 Bean Salad Tiramisu		

to change due to availability 303-464-5526.