

# Lakeshore Cafe

**February 2009**

[www.broomfieldseniors.com](http://www.broomfieldseniors.com)

**RESERVATIONS NEEDED BY 4:00 PM THE DAY BEFORE**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b> <b>Beef Lasagna</b> Garlic Bread Brussels Sprouts Romaine Salad Raspberry Sherbet	<b>3</b> <b>Chicken Soft Tacos</b> Spanish Rice Refried Beans Tomato Salad Flan	<b>4</b> <b>Healthy Hearts</b> <b>Caesar Salmon</b> Wild Rice Broccoli Baby Spinach Salad Fresh Fruit	<b>5</b> <b>Rio Grande Pork Roast</b> Whipped Sweet Potatoes Cauliflower Beet Salad Apple Cobbler	<b>6</b> <b>Birthday Lunch</b> <b>Old Fashioned Meatloaf</b> Mashed Potatoes Steamed Corn Green Salad Carrot Cake
<b>9</b> <b>Chicken Teriyaki over Jasmine Rice</b> Veggie Egg Roll Green Peas Salad Ice Cream Cup	<b>10</b> <b>Shepherd's Pie</b> Glazed Carrots Garden Salad Peanut Butter Chip Cookies	<b>11</b> <b>Cheese Stuffed Shells w/MILD Italian Sausage</b> Garlic Bread Italian Vegetables Caesar Salad Banana Cream Pie	<b>12</b> <b>Liver &amp; Onions</b> Or <b>Stuffed Peppers</b> Potatoes Au Gratin Spaghetti Squash Coleslaw Coconut Macaroons	<b>13</b> <b>Valentine's Lunch</b> <b>Slow Simmered Beef w/ Horseradish Sauce</b> Grilled Red Potatoes Baby Carrots Blue Cheese & Walnut Salad Cupid's Cake
<b>16</b>  <p style="text-align: center;"><b>CLOSED PRESIDENT'S DAY</b></p>	<b>17</b> <b>Chicken ala King over Biscuits</b> Green Beans Amandine Carrot Raisin Salad Apple Dumplings	<b>18</b> <b>Healthy Hearts</b> <b>Citrus Tuna Steak</b> Rice Pilaf Garden Vegetables Mixed Spinach Salad Fruit Cup	<b>19</b> <b>Baked Ham</b> Mac & Cheese Sweet Peas Ambrosia Salad Chocolate Mousse	<b>20</b> <b>Chicken Fried Steak w/Country Gravy</b> Mashed Potatoes Corn Medley Marinated Mushroom Salad Cherry Crisp
<b>23</b> <b>Beef Stew</b> Roasted Zucchini Buttermilk Biscuits Macaroni Salad Sliced Peaches	<b>24</b> <b>Mardi Gras Lunch</b> <b>Sausage &amp; Chicken Gumbo over Rice</b> Southern Fried Catfish Fried Okra Cornbread Louisiana Salad Red Velvet Cake	<b>25</b> <b>Chicken Alfredo over Fettuccini</b> Steamed Broccoli Garlic Rolls 4 Bean Salad Fruit Jell-O	<b>26</b> <b>Swiss Steak</b> Green Bean Casserole Cinnamon Scalloped Apples Potato Salad Chocolate Pudding	<b>27</b> <b>Lemon Pepper Cod w/Roasted Red Pepper Sauce</b> Grilled Baby Potatoes Asparagus Field Green Salad Fresh Cut Fruit w/Whipped Topping

Menu items are subject to change due to availability 303-464-5526.