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| **Monday, February 6, 2023**White Beans and Rice with Smoked SausageSteamed RiceCreamed SpinachVegetable BlendCorn Maque ChouxFingerling PotatoesFried Corn NuggetsGrilled Salmon with Lemon Citrus**Combo**: White Beans, Side and 16oz Beverage**Eat Fit:** Salmon, Side, 12oz Water  **Tuesday, February 7, 2023** Cabbage Smothered Pork ChopSliced Smoked BrisketButtered CornFried Green BeansMustard GreensDirty RiceSweet PeasGrilled Mahi**Combo**: Smothered Pork Chop, Side and 16oz Beverage**Eat Fit:** Grilled Mahi, Side, 12oz Water   **Wednesday, February 8, 2023****Meatloaf**Lemon Pepper Chicken QuarterSweet PeasMashed PotatoesBroccoli BitesSpring Mix VegetablesButtered Green BeansGrilled Chicken Breast**Combo**: Meatloaf, Side, 12oz bottled water or 16oz. soda**Eat Fit**: Grilled Chicken Breast, Side, 12oz. Bottled Water**HOPE YOU AND YOUR FAMILY HAD A GREAT 2022****LET’S MAKE A MEMORABLE 2023.****MARDI GRAS IS AROUND THE CORNER** | **Thursday, February 9, 2023**Meatballs and SpaghettiBaked CatfishSweet Potato CasseroleVegetable BlendButtered CornFried MushroomsGarlic BreadGrilled Tuna**Combo**: Spaghetti and Meatballs, Side, 12oz bottled water or 16oz. soda**Eat Fit**: Grilled Tuna, Side, 12oz. Bottled Water**Friday, February 10, 2023****Fried Catfish**Grilled Curry Chicken BreastChili Lime ColeslawBaked Mac and CheeseFried OkraFrench FriesSteamed Vegetable RiceHoney CarrotsGrilled Chicken Breast**Combo:** Fried Catfish, Side, 12oz Beverage**Eat Fit:** Grilled Chicken Breast, Side, 12oz Water  \*Menu & combo’s subject to change without noticeWe always appreciate all input and suggestions!Email your comments to Kawanna Webber at: kawanna.webber@ochsner.orgThank you for your continued support! |

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