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| |  |  | | --- | --- | | **Monday, February 6, 2023**  White Beans and Rice with Smoked Sausage  Steamed Rice  Creamed Spinach  Vegetable Blend  Corn Maque Choux  Fingerling Potatoes  Fried Corn Nuggets  Grilled Salmon with Lemon Citrus  **Combo**: White Beans, Side and 16oz Beverage  **Eat Fit:** Salmon, Side, 12oz Water    **Tuesday, February 7, 2023**  Cabbage Smothered Pork Chop  Sliced Smoked Brisket  Buttered Corn  Fried Green Beans  Mustard Greens  Dirty Rice  Sweet Peas  Grilled Mahi  **Combo**: Smothered Pork Chop, Side and 16oz Beverage  **Eat Fit:** Grilled Mahi, Side, 12oz Water      **Wednesday, February 8, 2023**  **Meatloaf**  Lemon Pepper Chicken Quarter  Sweet Peas  Mashed Potatoes  Broccoli Bites  Spring Mix Vegetables  Buttered Green Beans  Grilled 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 Spaghetti  Baked Catfish  Sweet Potato Casserole  Vegetable Blend  Buttered Corn  Fried Mushrooms  Garlic Bread  Grilled 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 Breast  Chili Lime Coleslaw  Baked Mac and Cheese  Fried Okra  French Fries  Steamed Vegetable Rice  Honey Carrots  Grilled Chicken Breast  **Combo:** Fried Catfish, Side, 12oz Beverage  **Eat Fit:** Grilled Chicken Breast, Side, 12oz Water    \*Menu & combo’s subject to change without notice  We always appreciate all input and suggestions!  Email your comments to Kawanna Webber at: [kawanna.webber@ochsner.org](mailto:kawanna.webber@ochsner.org)  Thank you for your continued support! | |  |