



February Menu

Available All Month Long:

Mini Chocolate Cream Pie- 4"	\$4 ea
Pumpkin Cake w/ Cream Cheese Frosting (8x8 pan)	\$10.50
Three Cheese Quiche-6"	\$5 ea
Sandwiches and Lunchboxes	\$3-\$9.99

Lake Effect Macro Meals (Challenge Friendly): \$8.50/\$10
 4oz protein /half cup carb/half cup veggie or 6oz protein/one cup carb/1 cup veggie

- Baked chicken, basmati rice, broccoli
- Blackened tilapia, corn, kale
- Turkey meatballs, roasted potatoes, mushrooms

Meal Rotation:

Weeks of Feb. 4

Pepperoni and Ham Stromboli	\$8.50 ea.
Herb Crusted Half Chicken	\$6.99 ea
Blackened Tilapia, Brown Rice, Succotash	\$7.50/15/30
Pasta with Red Sauce and Garlic Bread	\$7/14/28
Chicken Curry Vegetable Soup	PT-\$5.50/\$11

Week of Feb. 11

Maple Cider Pork Loin, Roasted Brussels, Whipped Potatoes	\$7.75/15.50/31
Linguini with Clam Sauce and Fresh Chop Tomato	\$7.25/14.50/29
Valentines Day Surf and Turf	\$8.50/17/34

Seared Flank, Garlic Shrimp, Wild Mushroom Risotto

Ginger Soy Beef, Toasted Almond Rice, Baby Corn

\$8.25/16.50/33

Turkey Chili	PT-\$5.50/\$11
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Special this week: Valentine Cookie Assortment by Stir It Up Bakery in Rockford: \$18/doz.

Almond Raspberry, Double Chocolate, Monster and Sugar Cookies



Week of Feb. 18

Indian Butter Chicken w/ Basmati Rice	\$7.5/15/30
Pulled Pork w/ Mac and Cheese and Slaw	\$7.75/15.50/31
Beef Tips w/ Mushrooms over Pasta	\$8.25/16.50/33
Mushroom Ragout w/ Roasted Asparagus over Pasta	\$7.25/14.50/29
Chicken Jalapeno Soup	PT-\$5.50/\$11

Week of Feb. 25

Lasagna	\$18/36
Carved Turkey Breast, Stuffing and Green Beans	\$7.50/15/30
Loaded "Club" Tots- Ham, Turkey, Bacon, Cheese	\$7/14/28
Spinach Ricotta Calzones (add pepperoni for \$1.50)	\$7 ea
Chunky Roasted Tomato Soup	PT-\$5.50/\$11

