

MEALS ON WHEELS MENU - FEBRUARY 2019

				1 Turkey Sausage with Pepper, Onions, & Tomatoes over WG Rotini Pasta Apples w/ Raisins WG Bread/Margarine Graham Crackers
4 Pork Chop Patty Sweet Potatoes Brussels Sprouts WG Bread/Margarine Applesauce	5 Honey Mustard Chicken Breast Potatoes Florentine Mixed Vegetables WG Bread/Margarine Graham Crackers	6 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread Orange Juice	7 Rib-Shaped Beef Patty w/ Spanish Braised Sauce Stewed Tomatoes w/ Cilantro Garden Peas WG Bread/Margarine Pineapple Cup	8 Chicken Parmesan Rosemary Potatoes Cheesy Spinach WG Bread/Margarine Grape Juice
11 Oven Baked Chicken Southern Rice Black Eyed Peas Spinach WG Bread/Margarine Fresh Fruit	12 Western Omelet Potatoes O'Brien Strawberry Applesauce WG Bread Peanut Butter Orange Juice	13 Hamburger Patty Potato Wedges Carrots WG Bun Oatmeal Raisin Cookie Fresh Fruit	14 WG Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables WG Bread/Margarine	15 Manicotti Alfredo Peas Italian Vegetable Medley WG Bread Graham Crackers
18 Turkey Lasagna Broccoli, Cauliflower, and Bean Blend WG Bread/Margarine Chocolate Chip Cookie	19 Cavatappi Bolognese Italian Vegetables WW Bread/Margarine Citrus Fruit Cup	20 Chili Hot Dog Baked Beans Corn w/ Diced Tomato WG Hot Dog Bun Mustard Applesauce	21 Beef Steak Patty w/ Mushroom Gravy Garlic Mashed Potatoes Squash & Green Bean Medley WG Bread/Margarine Pineapple Cup	22 Chicken Marsala Potato Onion Soufflé Spinach & Mushrooms WG Bread/Margarine Mini Moon Pie Orange-Pineapple Juice
25 Meatloaf with Apple Brown Gravy Skin-on Potatoes WG Bread Pineapple Cup	26 Meatballs and Penne Pasta in Sauce Broccoli Italian Vegetable Blend WW Bread/Margarine Pineapple Cup	27 Batter-Dipped Fish Nuggets/Tartar Sauce Garlic Mashed Potatoes Carrots WG Bread Fresh Fruit	28 Three Bean Beef Chili Squash Medley Corn Muffin Mini Moon Pie	

All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.
WG = Whole Grain; WW = Whole Wheat

**PLEASE REMEMBER TO CALL AT LEAST 48 HOURS IN ADVANCE
IF YOU WILL NOT BE HOME FOR YOUR MEAL. THANK YOU!**

