

MEALS ON WHEELS MENU - FEBRUARY

2019 VEGETARIAN MEALS

				1 Eggplant Parmesan Garbanzo Beans WG Bread/Margarine Mandarin Oranges Waffle Grahams
4 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	5 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	6 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	7 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	8 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce
11 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	12 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	13 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	14 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce	15 Eggplant Parmesan Garbanzo Beans WG Bread/Margarine Mandarin Oranges Waffle Grahams
18 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	19 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	20 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	21 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	22 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce
25 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	26 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	27 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	28 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce	

All meals served with 1% low-fat white or non-fat chocolate milk. *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!**

