



Meals on Wheels and More

February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Beef Stroganoff w/ Rotelle Pasta Brussels Sprouts Garden Salad Fruit</p>	<p>5</p> <p>Sweet & Sour Chicken Fried Rice Stir Fry Veggies Mandarin Oranges Fortune Cookie</p>	<p>6</p> <p>Cheeseburger On Multi Grain Bun Roast Potatoes Garden Salad Apple Slices</p>	<p>7</p> <p>Dill Salmon Scalloped Potatoes Brussels Sprouts Garden Salad Fruit</p>	<p>8</p> <p>Chicken Enchiladas Spanish Rice & Pintos Sour Cream Garden Salad Pineapple Chunks</p>
<p>10</p> <p>Pesto Cheese Ravioli Italian Veggies Caesar Salad Fruit</p>	<p>11</p> <p>Chicken Walnut Apple Salad w/ Rasp. Vinaigrette Wheat Roll Fresh Fruit</p>	<p>12</p> <p>Pulled Pork w/ BBQ Brown Rice Hawaiian Roll Kale Cabbage Slaw Steamed Veggies/ Fruit</p>	<p>13</p> <p>Sausage Egg Casserole Breakfast Potatoes Orange Juice Fruit & Yogurt</p>	<p>Valentine's Day 14</p> <p>Reuben Style Chicken Baked Yam Steamed Veggies Kale Citrus Salad Peach Crisp</p>
<p>17</p>  <p>PRESIDENTS DAY</p>	<p>18</p> <p>Tomato Veggie Soup ½ Turkey on Whole Wheat Garden Salad Fresh Fruit</p>	<p>19</p> <p>Chicken & Dumplings Steamed Veggies Spinach Salad Chocolate Pudding</p>	<p>20</p> <p>Country Fried Steak Mashed Potatoes Country Gravy Peas And Carrots Fresh Fruit</p>	<p>21</p> <p>Macaroni & Cheese Italian Sausage Link (Chicken) Steamed Veggies Salad/Fruit</p>
<p>24</p> <p>Herb Roasted Chicken Rainbow Potatoes Broccoli Garden Salad Fruit</p>	<p>25</p> <p>Taco Salad Cornbread Orange Wedges</p>	<p>26</p> <p>Lemon Pepper Fish Brown Rice Baby Carrots Garden Salad Chocolate Chip Cookie</p>	<p>27</p> <p>Beef Gyro Lentil Soup Greek Salad Fruit</p>	<p>28</p> <p>Chef's Choice</p> 

All menus are subject to change due to food cost and availability **Gluten Free Entrée available (ask). Entrée Salad available daily.**