

Meals on Wheels Menu

February
2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 Sliced Pot Roast Au Jus Ranch Mashed Potatoes Carrots & Cabbage Apple		2 Chicken & Gravy Mashed Potatoes Winter Squash Strawberry Shortcake with Cream		3 Chicken Marsala with Mushroom Sauce Mashed Cauliflower Green & Black Beans Pineapple & Yogurt Parfait	
6 Minestrone with Chicken, Vegetables & Pasta Crackers Broccoli Florets Fruit Cocktail		7 Shepherd's Pie with Corn & Mashed Potatoes Diced Carrots Peaches		8 Beef Stew with Potatoes & Vegetables Brussels Sprouts Applesauce Birthday  Cake		9 Stuffed Chicken Breast with Ham & Cheese Stuffing Mashed Potatoes Baby Beets Pears		10 Beef Steak with Brown Sauce Home Fries Peas & Carrots Pumpkin Craisin Cookie	
13 Pork & Vegetable Stew with a Biscuit Four Bean Medley Pineapple Tidbits		14 Wheat Spaghetti with Meatballs, Marinara & Parmesan Cheese Spinach Orange Jell-O with Mandarin Oranges		15 Baked Mac & Cheese Brussels Sprouts Mixed Blend Vegetables Apple		16 Mild Chili Wild Rice Pilaf & Vegetables Peas & Onions Peaches		17 Sweet Baby Ray's BBQ Chicken Vegetables with Lentils Broccoli Florets Applesauce	
20 <i>Meals on Wheels will be CLOSED in observance of the holiday.</i> 		21 Zucchini, Summer Squash & Onion Quiche Winter Mixed Vegetables Apricots		22 Turkey Burger with Vegetables & Gravy Diced Potatoes Beets Pumpkin Custard with Cream		23 Cheese Ravioli with Marinara Sauce & Parmesan Cheese Peas Diced Carrots Fruited Yogurt Parfait		24 Oven Fried Chicken Red Mashed Potatoes with Sour Cream Capri Blend Vegetables with Lentils Sliced Pears	
27 Southern Chicken-n-Biscuit Mashed Cauliflower Spinach Apple Crisp		28 Scalloped Potatoes with Ham & Cheddar Three Bean Medley Grapes							



Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.