



February 2023 Meals on Wheels Menu



Kane Center

		Wednesday 2/1/23	Thursday 2/2/23	Friday 2/3/23
		BEEF PATTY MELT w/onions & cheese CRISPY POTATO CUBES SPINACH* BREAD ORANGE + MARGARINE MILK	GARLIC ROSEMARY TURKEY REDSKIN MASHED POTATOES* SAUTEED GREEN BEANS+ BREAD PINEAPPLE TIDBITS+ MARGARINE MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS* SLICED PEACHES* MARGARINE BREAD MILK
Monday 2/6/23	Tuesday 2/7/23	Wednesday 2/8/23	Thursday 2/9/23	Friday 2/10/23
MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD MANDARIN ORANGES+ MARGARINE MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD SLICED PEACHES* MARGARINE MILK	POLISH SAUSAGE BRAISED CABBAGE+ POTATOES & 1/2 CUP BAKED BEANS HOT DOG ROLL PINEAPPLE TIDBITS* MARGARINE MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ MARGARINE MILK	BBQ CHICKEN QUARTERS SWEET POTATO* SAUTEED GREEN BEANS+ BREAD PEARS + MARGARINE MILK
Monday 2/13/23	Tuesday 2/14/23	Wednesday 2/15/23	Thursday 2/16/23	Friday 2/17/23
BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD APPLE SAUCE+ MARGARINE MILK	CHICKEN CACCIATORE PASTA MIXED VEGETABLES*+ BREAD BANANA+ MARGARINE MILK	CHILI OVER RICE CORN NIBLETS BRAISED SPINACH * BREAD MANDARIN ORANGES+ MARGARINE MILK	ROSEMARY PORK GARLIC HERB POTATOES BRUSSEL SPROUTS+ BREAD FRUIT COCKTAIL+ MARGARINE MILK	ORANGE CHICKEN RICE ORIENTAL VEGETABLES+ BREAD APPLE SAUCE+ MARGARINE MILK
Monday 2/20/23	Tuesday 2/21/23	Wednesday 2/22/23	Thursday 2/23/23	Friday 2/24/23
CLOSED IN OBSERVANCE OF PRESIDENTS DAY	BACON MAC & CHEESE STEWED TOMATOES BABY GREEN PEAS+ BREAD CINAMMON APPLES+ MARGARINE MILK	STEWED CHICKEN RICE CORN BROCCOLI AND CARROTS*+ BREAD CINNAMON APPLES+ MARGARINE MILK	MEATBALL MARINARA SPAGHETTI CAULIFLOWER FLORETS + SPRING SQUASH BREAD PEARS+ MARGARINE MILK	LEMON CHICKEN RICE* BRUSSEL SPROUTS+ PEAS AND CARROTS BREAD PINEAPPLE TIDBITS+ MARGARINE MILK
Monday 2/27/23	Tuesday 2/28/23			
BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD BANANA+ MARGARINE MILK	CHICKEN PARMESAN W/PASTA SUMMER SQUASH MIXED VEGETABLES *+ BREAD FRUIT CUP+ MARGARINE MILK		WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU!	
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA). Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions Bread or equivalent = 1 serving Fat = 1 teaspoon				MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE
*denotes vitamin A requirement. +denotes vitamin C requirements				