



February 2024 Meals on Wheels Menu



NOTE: MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE			Thursday 2/1/24	Friday 2/2/24
			POLISH SAUSAGE SAUERKRAUT+ POTATOES HOT DOG ROLL PINEAPPLE TIDBITS* MARGARINE MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ MARGARINE MILK
Monday 2/5/24	Tuesday 2/6/24	Wednesday 2/7/24	Thursday 2/8/24	Friday 2/9/24
BBQ CHICKEN THIGHS SWEET POTATO* SAUTEED GREEN BEANS+ BREAD PEARS + MARGARINE MILK	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	CHICKEN PICATTA MASHED POTATOES BROCCOLI AND CARROTS BREAD FRUIT COCKTAIL+ MARGARINE MILK
Monday 2/12/24	Tuesday 2/13/24	Wednesday 2/14/24	Thursday 2/15/24	Friday 2/16/24
SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD APPLE SAUCE+ MARGARINE MILK	PORK CHILI RICE CORN NIBLETS+ BREAD FRUIT COCKTAIL+ MARGARINE MILK	BACON CHEESEBURGER MAC ZUCCHINI BABY GREEN PEAS+ BREAD CINAMMON APPLES+ MARGARINE MILK	CHICKEN ENCHILADAS RICE CORN BROCCOLI AND CARROTS*+ BREAD CINNAMON APPLES+ MARGARINE MILK	MEATBALL MARINARA SPAGHETTI CAULIFLOWER FLORETS + SPRING SQUASH BREAD PEARS+ MARGARINE MILK
Monday 2/19/24	Tuesday 2/20/24	Wednesday 2/21/24	Thursday 2/22/24	Friday 2/23/24
CLOSED IN OBSERVANCE OF PRESIDENTS DAY	CHICKEN CORDON BLEU RICE* CORN NIBLETS+ PEAS AND CARROTS BREAD PINEAPPLE TIDBITS+ MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD BANANA+ MARGARINE MILK	CHICKEN PARMESAN W/ PASTA SUMMER SQUASH MIXED VEGETABLES *+ BREAD FRUIT CUP+ MARGARINE MILK	STUFFED PEPPERS W/ TOMATO SAUCE CRISPY POTATO CUBES BREAD CINNAMON APPLES+ MARGARINE
Monday 2/26/24	Tuesday 2/27/24	Wednesday 2/28/24	Thursday 2/29/24	
TERIYAKI PORK RICE* SAUTEED GREEN BEANS+ SAUTEED CARROTS * BREAD MANDARIN ORANGES+ MARGARINE MILK	CHICKEN A' LA KING RICE* CORN NIBLETS+ BROCCOLI AND CARROTS BREAD CINNAMON APPLES+ MARGARINE MILK	BEEF PATTY MELT w/onions & cheese CRISPY POTATO CUBES SPINACH* BREAD ORANGE + MARGARINE	SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD PINEAPPLE TIDBITS+ 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	*denotes vitamin A requirement	+denotes vitamin C requirements