

Meals on Wheels February 2020 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Call 651-3123 to Order ALT Meal in yellow or Weekend Meals in teal	ALL Meals are served with your Choice of 1% Milk OR a variety of Juices	FEBRUARY CHOICE MEALS Call 651-653-3123 1. Beef Pot Roast 2. Roast Turkey Dinner 3. Tuna Casserole 4. Vegetable Sweet & Sour			1	2
3	4	5	NEW 6 NEW	NEW 7 NEW	8	9
Baked Ham Baked Potato & Butter Brussel Sprouts Dinner Roll & Butter Diced Pear ALT: Baked Chicken	Parmesan Fish Brown Rice Pilaf California Veggies Baby Carrots Snickerdoodle Cookie ALT: Parm Chicken	SW Turkey Bowl Spanish Rice Corn & Bean Salsa Veggie Blend Coffee Cake Fruit Cocktail	Greek Lemon Chicken Roasted Potatoes Diced Carrots Dinner Roll & Butter Mandarin oranges	Spaghetti w/meat sauce Steamed Broccoli Dinner Roll & butter Peach Crumble	Roast Turkey Delivered Thurs 1/30	BBQ Pork Loin Delivered Thurs 1/30
10	11	12	13	14	15	16
Pork Stir Fry , Brown Rice, Asian Veggie Blend, Warm Sliced Apples, Choc. Cookie ALT: Chicken Stir Fry	Beef Tips in Gravy Over Egg Noodles Peas & Carrots Fresh Fruit Mix	Cuban Beef w/peppers & onions, Black Beans & Rice, Veggies, Plums & Bread Pudding	Turkey Tetrazzini Egg Noodles Broccoli Diced Pineapple Spice Cookie	Jamaican Chicken Mashed Sweet Potato, Okra & Tomatoes, Dinner Roll & Fruit Cocktail	Salisbury Steak Delivered Thurs 2/13	Beef Quesadilla Delivered Thurs 2/13
CLOSED 17	18	19	20	21	22	23
Rosemary Chicken Delivered Friday 2/14 President's Day	Baked Rotini Pasta Italian Pork Sausage & tomato sauce, Veggie Blend Mandarin Oranges Sugar Cookie ALT: Ground Turkey	Chicken Enchilada Bake Corn & Peppers California Veggies Chocolate Chip Cookie	BBQ Chicken drumsticks Roasted Sweet Potatoes, Collard Greens, Dinner Roll Fruit Cocktail	Salisbury Steak Egg Noodles & Gravy Diced Carrots Applesauce Oatmeal Butterscotch Cookie	Chili Mac casserole Delivered Thurs 2/20	Baked Ham Delivered Thurs 2/20
24	NEW 25 NEW	26	NEW 27 NEW	28	29	March 1
Breakfast Hash Cheesy Egg Scramble on potatoes, Turkey Sausage, warm Pears English muffin & butter	Baked Chicken casserole Pasta w/shredded chicken, onion & spinach in cream sauce, Zucchini Diced Peaches	Beef Pot Roast Mashed potatoes w/gravy Peas & Carrots Dinner roll & butter Molasses Cookie	Herb Roasted Pork Gravy, Mashed sweet potatoes, Lima beans Dinner roll, Oatmeal Choc. Chip Cookie ALT: Herb Chicken	Chili Mac Casserole Ground beef & tomato, Green beans Baked apples Cranberry date muffin	Sloppy Joe Delivered Thurs 2/27	Rosemary Chicken Delivered Thurs 2/27