

Meals on Wheels February 2021 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	
1	2	3	4	5	6	7	
Baked Ham w/mustard apple glaze, Scalloped potatoes, Green peas Multigrain roll & butter Fresh Fruit cup ALT: Baked Chicken	Roast Turkey (breast) w/gravy, homemade stuffing, green beans Diced peaches Pumpkin spice muffin	Beef Lasagna Steamed broccoli Baby carrots Oatmeal breakfast cookies	Beef Chili Ground beef & beans in tomato sauce Sliced carrots Applesauce Corn muffin	Tuna Melt Tuna salad topped w/cheddar cheese Peas & carrots Sugar Cookie, Toast ALT: Chicken Melt	Salisbury Steak Delivered Thurs 2/4	Turkey Tetrazzini Delivered Thurs 2/4	
8	9	10	11	12	13	14	
SW Turkey Bowl Ground turkey over Spanish rice, corn & bean salsa, veggie blend, Fruit cocktail	Honey Mustard Chicken, Roasted potatoes, Green beans Mandarin oranges Dinner roll & brownie	Spaghetti w/meat sauce Warm diced pears Steamed Broccoli Peach cobbler cookie	Parmesan Crusted Fish, Brown Rice, California Veggies, Baby Carrots, cookie ALT: Parm. Chicken	Beef Stew Onions, potatoes & carrots in gravy Peas Pineapple, Dinner roll	Baked Ham Delivered Thurs 2/11	Rosemary Chicken Delivered Thurs 2/11	
CLOSED 15	16	17	18	19	20	21	
Turkey Tetrazzini Mixed Veggies, egg noodles, cream sauce, Broccoli, Baked apples, Cookie DELIVERED Fri 2/12	Sweet & Sour Chicken Pineapple & peppers Asian Vegetables Brown Rice Choc. Sea Salt Cookie	Beef Tips in Gravy Egg noodles Peas & carrots Diced Pears	Chix Enchilada Bake Chicken, veggies w/cheese & sauce, Corn & peppers, Veggie blend Choc. Chip cookie	Beef Sloppy Joe Mashed potatoes Diced carrots Fresh fruit Whole wheat bun	Beef Pot Roast Delivered Thurs 2/18	Orange Chicken Delivered Thurs 2/18	
22	23	24	25	26	27	28	
Chili Mac Casserole Ground beef & noodles in tomato sauce, Green beans, baked apples M&M Cookie	Rosemary Chicken breast Roasted potatoes, Sweet peas, Warm diced peaches, Dinner roll & butter	Cheesy Ham & broccoli casserole, over noodles, Veggies, Choc Chip muffin ALT: Chicken Cass.	Beef Pot Roast Beef & Gravy w/mashed potatoes Peas & Carrots Dinner Roll Molasses Cookie	BBQ Chicken Drummies Roasted sweet potatoes, Collard greens, Corn muffin Fruit Cocktail	Beef Chili Delivered Thurs 2/25	Sweet & Sour Chicken Delivered Thurs 2/25	
ALL Meals are served with Choice of 1% Milk OR Juice variety				Call 651-653-3123 to Order ALT Meal in yellow OR Weekend Meals		March 6	March 7
						Herb Roasted Pork	Sloppy Joe

February CHOICE MEALS Call 651-653-3123

1. Beef Chili 2. Roast Turkey Dinner 3. Parmesan Fish
4. Veggie Egg Strata