




MEALS ON WHEELS

February 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>GINGER SOY FISH</u> Brown Rice, Asian Vegetable Blend, and a Dessert <i>Alt: Ginger Soy Chicken</i>	2 <u>CHEESY BROCCOLI & HAM CASSEROLE</u> Corn and a Pineapple Cup <i>Alt: Cheesy Broccoli & Chicken Casserole</i>
5 <u>ROSEMARY CHICKEN</u> Herb Lemon Brown Rice, Roasted Potatoes, Diced Beets, and a Fruit Cup	6 <u>GARLIC SALMON BOWL</u> Brown Rice, Edamame, and a Dessert <i>Alt: Garlic Chicken Bowl</i>	7 <u>THREE CHEESE PASTA W/ TURKEY</u> Whole Wheat Penne Pasta, Vegetable Medley, and a Dessert	8 <u>BEEF TIPS IN GRAVY</u> Whole Wheat Egg Noodles, Peas and Carrots, a Fruit Cup, and a Dessert	9 <u>BAKED HAM W/ MUSTARD APPLE GLAZE</u> Mashed Potatoes, Green Beans, Dinner Roll with Butter, and a Peach Cup <i>Alt: Baked Chicken with Mustard Apple Glaze</i>
12 <u>POT ROAST W/ GRAVY</u> Mashed Potatoes, Vegetable Medley, Dinner Roll w/ Butter, and an Applesauce Cup	13 <u>TUNA CASSEROLE</u> Whole Wheat Egg Noodles, Vegetable Medley, and a Dessert <i>Alt: Chicken Casserole</i>	14 <u>BEEF STROGANOFF</u> Whole Wheat Egg Noodles, Peas, and a Pear Cup	15 <u>CHICKEN ENCHILADA BAKE</u> Spanish Rice, Corn, and a Dessert	16 <u>MACARONI & CHEESE</u> Peas, a Fruit Cup, and a Dessert
19 <u>CHICKEN & WILD RICE SOUP</u> Green Beans, Dinner Roll w/ Butter, a Fruit Cup, and a Dessert	20 <u>SPAGHETTI W/ MEAT SAUCE</u> California Vegetable Medley, a Dessert, and a Peach Cup	21 <u>PARMESAN CRUSTED FISH</u> Barley Risotto, Italian Vegetable Blend, and a Dessert <i>Alt: Parmesan Chicken</i>	22 <u>CHICKEN ALFREDO</u> Whole Wheat Pasta, Vegetable Medley, and a Fruit Cup	23 <u>SALISBURY STEAK</u> Whole Wheat Egg Noodles, Mushroom Gravy, Green Beans, a Dessert, and an Applesauce Cup
26 <u>ROAST TURKEY DINNER</u> Stuffing, Gravy, Green Beans, and a Dessert	27 <u>SESAME PORK</u> Whole Wheat Spaghetti, Asian Vegetable Medley, a Fruit Cup, and a Dessert <i>Alt: Sesame Chicken</i>	28 <u>BEEF LASAGNA</u> Peas and a Fruit Cup	29 <u>BEEF MEATLOAF</u> Mashed Potatoes, Green Beans, and a Fruit Cup	

To contact Meals on Wheels call (651) 748-7266. Beverage choice of milk or juice is served with every meal.

Call in advance to choose alternative meals. Monthly choice meals are:

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| 1) Chicken and Wild Rice Soup | 3) Vegetable Egg Bake |
| 2) Beef Meatloaf | 4) Ginger Soy Fish |