



RAMSEY COUNTY

MOUNDS VIEW MEALS ON WHEELS FEBRUARY 2024 MENU

651-621-7950



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>REMINDER: YOU MUST CALL AT LEAST TWO BUSINESS DAYS PRIOR TO CANCELING A MEAL DELIVERY OR YOU WILL BE CHARGED FOR THE MEAL.</p>			<p>1</p> <p><u>GINGER SOY FISH</u> Brown Rice Asian Vegetable Blend Dessert ALT: Ginger Soy Chicken</p>	<p>2</p> <p><u>CHEESY BROCCOLI & HAM CASSEROLE</u> Corn Pineapple Cup ALT: Cheesy Broccoli & Chicken Casserole</p>
<p>5</p> <p><u>ROSEMARY CHICKEN</u> Herb Lemon Brown Rice Roasted Potatoes Diced Beets Fruit Cup</p>	<p>6</p> <p><u>GARLIC SALMON BOWL</u> Brown Rice Edamame Dessert ALT: Garlic Chicken Bowl</p>	<p>7</p> <p><u>THREE CHEESE PASTA W/ TURKEY</u> Whole Wheat Penne Pasta Vegetable Medley Dessert</p>	<p>8</p> <p><u>BEEF TIPS IN GRAVY</u> Whole Wheat Egg Noodles Peas and Carrots Fruit Cup Dessert</p>	<p>9</p> <p><u>BAKED HAM W/ MUSTARD APPLE GLAZE</u> Mashed Potatoes Green Beans Dinner Roll with Butter Peach Cup ALT: Baked Chicken with Mustard Apple Glaze</p>
<p>12</p> <p><u>POT ROAST W/ GRAVY</u> Mashed Potatoes Vegetable Medley Dinner Roll w/ Butter Applesauce Cup</p>	<p>13</p> <p><u>CHICKEN CASSEROLE</u> Whole Wheat Egg Noodles Vegetable Medley Dessert</p>	<p>14</p> <p><u>BEEF STROGANOFF</u> Whole Wheat Egg Noodles Peas Pear Cup</p>	<p>15</p> <p><u>CHICKEN ENCHILADA</u> <u>BAKE</u> Spanish Rice Corn Dessert</p>	<p>16</p> <p><u>MACARONI & CHEESE</u> Peas Fruit Cup Dessert</p>
<p>PRESIDENTS DAY 19</p> <p><u>CHICKEN & WILD RICE SOUP</u> Green Beans Dinner Roll w/ Butter Fruit Cup Dessert</p>	<p>20</p> <p><u>SPAGHETTI W/ MEAT SAUCE</u> California Vegetable Medley Dessert Peach Cup</p>	<p>21</p> <p><u>PARMESAN CRUSTED FISH</u> Barley Risotto Italian Vegetable Blend Dessert ALT: Parmesan Chicken</p>	<p>22</p> <p><u>CHICKEN ALFREDO</u> With Pasta Vegetable Medley Fruit Cup</p>	<p>23</p> <p><u>SALISBURY STEAK</u> Egg Noodles Mushroom Gravy Green Beans Dessert Applesauce Cup</p>
<p>26</p> <p><u>ROAST TURKEY DINNER</u> Stuffing Gravy Green Beans Dessert</p>	<p>27</p> <p><u>SESAME PORK</u> With Noodles Asian Vegetable Medley Fruit Cup Dessert ALT: Sesame Chicken</p>	<p>28</p> <p><u>BEEF LASAGNA</u> Peas Fruit Cup</p>	<p>29</p> <p><u>BEEF MEATLOAF</u> Mashed Potatoes Green Beans Fruit Cup</p>	<p>Beverage choice of 1% milk or juice is served with every meal.</p>

To contact Meals on Wheels call 651-621-7950.

Call to order ALT or CHOICE meals in place of daily menu entree.

Monthly CHOICE meals are:

- 1) Beef Meatloaf
- 2) Chicken and Wild Rice Soup
- 3) Vegetable Egg Bake
- 4) Garlic Salmon Bowl