



# MOUNDS VIEW MEALS ON WHEELS

## FEBRUARY 2025 MENU

651-621-7950



RAMSEY COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p><b><u>MUSTARD HERB FISH</u></b> Brown &amp; Wild Rice Pilaf Green Beans Fruit Cup Dessert <i>Alt: Mustard Herb Chicken</i></p>	<p><b>4</b></p> <p><b><u>TATER TOT HOTDISH</u></b> Shredded Cheddar Cheese Carrot Coins Dessert</p>	<p><b>5</b></p> <p><b><u>SPAGHETTI WITH MEAT SAUCE</u></b> 5 Way Vegetable Medley Fruit Cup</p>	<p><b>6</b></p> <p><b><u>BBQ CHICKEN</u></b> Brown Rice Vegetable Blend Fruit Cup Dessert</p>	<p><b>7</b></p> <p><b><u>MEATLOAF</u></b> Mashed Potatoes and Gravy Peas Fruit Cup</p>
<p><b>10</b></p> <p><b><u>BAKED COD</u></b> Brown Rice Sauteed Garlic Vegetables Edamame Fruit Cup Dessert <i>Alt: Baked Chicken</i></p>	<p><b>11</b></p> <p><b><u>CHICKEN DUMPLING STEW</u></b> Green Beans Fruit Cup Dessert</p>	<p><b>12</b></p> <p><b><u>LENTIL TACO BOWL</u></b> Spanish Rice Corn, Carrots, and Green Beans Fruit Cup</p>	<p><b>13</b></p> <p><b><u>SALISBURY STEAK</u></b> Whole Wheat Egg Noodles Mushroom Gravy Peas and Carrots Fruit Cup Dessert</p>	<p><b>14</b></p> <p><b><u>MAPLE MUSTARD PORK LOIN</u></b> Herb Quinoa Roasted Root Vegetables Pear <i>Alt: Maple Mustard Chicken</i></p>
<p><b>17</b></p> <p><b><u>FISH TACO BOWL</u></b> Cuban Beans and Rice Pineapple Mango Salsa Corn Apple Slices <i>Alt: Chicken Taco Bowl</i></p>	<p><b>18</b></p> <p><b><u>CHICKEN CHILI</u></b> Cilantro Lime Brown Rice Fruit Cup Dessert</p>	<p><b>19</b></p> <p><b><u>BAKED HAM W/ MUSTARD APPLE GLAZE</u></b> Mashed Potatoes Green Beans Fruit Cup Dessert <i>Alt: Baked Chicken w/ Mustard Apple Glaze</i></p>	<p><b>20</b></p> <p><b><u>BUTTERNUT SQUASH AND LENTIL SOUP</u></b> Corn, Carrots, and Green Beans Dinner Roll w/ Butter Dessert</p>	<p><b>21</b></p> <p><b><u>BEEF LASAGNA</u></b> Tuscan Vegetable Medley Fruit Cup</p>
<p><b>24</b></p> <p><b><u>BEEF CHILI</u></b> Shredded Cheddar Cheese Corn Cornbread Muffin w/ Butter Fruit Cup</p>	<p><b>25</b></p> <p><b><u>SOUTHWEST TURKEY TACO BOWL</u></b> Black Beans and Rice Italian Vegetable Blend Fruit Cup Dessert</p>	<p><b>26</b></p> <p><b><u>GREEK CHICKEN PASTA</u></b> Whole Wheat Pasta Diced Carrots Fruit Cup Dessert</p>	<p><b>27</b></p> <p><b><u>MAC AND CHEESE</u></b> Peas Fruit Cup</p>	<p><b>28</b></p> <p><b><u>GINGER SOY FISH</u></b> Brown Rice Asian Vegetable Medley Fruit Cup Dessert <i>Alt: Ginger Soy Chicken</i></p>
			<p><b>BEVERAGE CHOICE OF 1% MILK OR FRUIT JUICE IS SERVED WITH EVERY MEAL</b></p>	<p>REMEMBER TO CALL US AT 651-621-7950 AT LEAST 2 BUSINESS DAYS IN ADVANCE TO CANCEL YOUR MEAL DELIVERY OR YOU WILL BE CHARGED FOR THE MEAL</p>

We do our best to reflect the menu; however, meal substitutions may be necessary based on availability. To contact Meals on Wheels call 651-621-7950.