



MEALS ON WHEELS

February 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Mustard Herb Fish</u> Brown & Wild Rice Pilaf, Green Beans, Pear Cup, and a Dessert <i>Alt: Mustard Herb Chicken</i>	4 <u>Tater Tot Hotdish</u> Shredded Cheddar Cheese, Carrot Coins, and a Dessert	5 <u>Spaghetti with Meat Sauce</u> 5 Way Vegetable Medley and a Peach Cup	6 <u>BBQ Chicken</u> Brown Rice, Vegetable Blend, Pineapple Cup, and a Dessert	7 <u>Meatloaf</u> Mashed Potatoes and Gravy, Peas, and an Applesauce Cup
10 <u>Baked Cod</u> Brown Rice, Sauteed Garlic Vegetables, Edamame, a Mandarin Orange Cup, and a Dessert <i>Alt: Baked Chicken</i>	11 <u>Chicken Dumpling Stew</u> Green Beans, Applesauce Cup, and a Dessert	12 <u>Lentil Taco Bowl</u> Spanish Rice, Corn, Carrots, and Green Beans, and a Pear Cup	13 <u>Salisbury Steak</u> Whole Wheat Egg Noodles, Mushroom Gravy, Peas and Carrots, a Fruit Cup and a Dessert	14 <u>Maple Mustard Pork Loin</u> Herb Quinoa, Roasted Root Vegetables, and a Pear <i>Alt: Maple Mustard Chicken</i>
17 <u>CLOSED</u> NO DELIVERY ON THIS DAY	18 <u>Chicken Chili</u> Cilantro Lime Brown Rice, Pineapple Cup, and a Dessert	19 <u>Bake Ham w/ Mustard Apple Glaze</u> Mashed Potatoes, Green Beans, a Fruit Cup, and a Dessert <i>Alt: Baked Chicken w/ Mustard Apple Glaze</i>	20 <u>Butternut Squash and Lentil Soup</u> Corn, Carrots, and Green Beans, Dinner Roll w/ Butter, and a Dessert	21 <u>Beef Lasagna</u> Tuscan Vegetable Medley and a Peach Cup
24 <u>Beef Chili</u> Shredded Cheddar Cheese, Corn, Cornbread Muffin w/ Butter, and a Fruit Cup	25 <u>Southwest Turkey Taco Bowl</u> Black Beans and Rice, Italian Vegetable Blend, a Pineapple Cup, and a Dessert	26 <u>Greek Chicken Pasta</u> Whole Wheat Pasta, Diced Carrots, Cinnamon Applesauce, and a Dessert	27 <u>Mac and Cheese</u> Peas and a Fruit Cup	28 <u>Ginger Soy Fish</u> Brown Rice, Asian Vegetable Medley, a Pear Cup, and a Dessert <i>Alt: Ginger Soy Chicken</i>

We do our best to accommodate choices however meal substitutions may be necessary based on availability. 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:

- 1) Greek Chicken Pasta
- 2) Cheeseburger
- 3) Lentil Taco Bowl
- 4) Baked Fish w/ Herb Sauce