



February Meals on Wheels Cold Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL	2 Groundhog Day CREAMY CRAB AND DILL PASTA STRAWBERRY YOGURT MANDARIN ORANGES WHOLE GRAIN ROLL
5 ZESTY BEEF PASTA SALAD MARINATED CUCUMBERS MANDARIN ORANGES WHOLE GRAIN ROLL	6 TURKEY TWIST PASTA SALAD PEARS MARINATED TOMATOES WHOLE GRAIN ROLL	7 TUNA ROTINI PASTA BROCCOLI SALAD PINEAPPLE TIDBITS APPLE WALNUT SPICED MUFFIN	8 CHEF SALAD WITH TURKEY, EGGS AND TOMATOES COTTAGE CHEESE MANDARIN ORANGES CROUTONS	9 EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CAULIFLOWER TROPICAL FRUIT WHOLE GRAIN ROLL
12 Lincoln's B-Day ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES	13 Mardi Gras CRAB AND DILL PASTA SALAD APPLESAUCE MARINATED CUCUMBERS WHOLE GRAIN ROLL	14 Valentine's Day TUNA SALAD MIXED GREENS, EGGS, TOMATOES PICKLED BEETS CRUSHED PINEAPPLE WHEAT CRACKERS	15 CHICKEN CHEDDAR SALAD TROPICAL FRUIT PEACH YOGURT APPLE SPICE MUFFIN	16 Chinese New Year HONEY CINNAMON CREAM CHEESE RED GRAPES BROCCOLI SALAD GRAHAM CRACKERS
19 Presidents' Day ISLAND CRAB PASTA FRUIT YOGURT WITH GRANOLA MANDARIN ORANGES WHOLE GRAIN ROLL	20 PEPPERONI PASTA COTTAGE CHEESE APPLESAUCE WHOLE GRAIN ROLL	21 TURKEY BOWTIE PASTA SALAD CRUSHED PINEAPPLE BLUEBERRY YOGURT WHOLE GRAIN ROLL	22 CRAB SALAD ON GREENS EGGS AND TOMATO WEDGES GARBANZO BEAN SALAD PINEAPPLE TIDBITS WHOLE GRAIN ROLL	23 TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL
26 ROASTED GARLIC AND HERB SPREAD BROCCOLI AND CAULIFLOWER APPLESAUCE HARD BOILED EGG WHOLE WHEAT CRACKERS	27 CHICKEN PESTO PASTA SALAD MAR. TOMATOES & ONIONS FRUIT COCKTAIL WHOLE GRAIN ROLL	28 HONEY HAM AND CHEDDAR WHEAT BUN AND LEAF LETTUCE COLESLAW PEARS		



Each meal meets the new A.A.A. approved nutritional guidelines. All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

