



February Meals on Wheels Hot Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 SMOTHERED PORK COLLARD GREENS WARM CINNAMON APPLES WHOLE GRAIN ROLL	2 Groundhog Day BEEF STROGANOFF SAUTEED SPINACH SPICED APPLE RINGS WHOLE GRAIN ROLL
5 SAUSAGE AND EGG STRATA POTATOES OBRIAN WARM CINNAMON APPLES FRUIT MUFFIN	6 CHICKEN AND RICE CASSEROLE SAUTEED CARROTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	7 PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	8 HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL	9 LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA VEGETABLES WARM CINNAMON APPLES WHOLE GRAIN ROLL
12 Lincoln's B-Day HEARTY BEEF STEW STEWED TOMATOES ESCALOPED APPLES BUTTERMILK BISCUIT	13 Mardi Gras CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL	14 Valentine's Day SPINACH AND PEPPER QUICHE VEGETARIAN SAUSAGE PATTY CINNAMON APPLES FRUIT MUFFIN	15 HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL	16 Chinese New Year BLACKENED TILAPIA SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN
19 Presidents' Day HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP BUTTERMILK BISCUIT	20 SLOPPY JOE BAKED BEANS WITH PEPPERS CHOCOLATE ZUCCHINI CAKE WHOLE WHEAT BUN	21 COUNTRY FRIED CHICKEN MASHED POTATOES SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	22 SESAME CHICKEN WHITE RICE WAX BEANS AND PEPPERS PINEAPPLE UPSIDE DOWN CAKE CHOWMEIN NOODLES	23 VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY AND CHERRY CRISP WHOLE GRAIN ROLL
26 CORNED BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN	27 PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	28 SPAGETTI WITH MEAT SAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL		



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.

