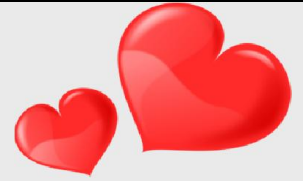




February Meals on Wheels Cold Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 TURKEY PESTO WRAP APPLE SAUCE MARINATED TOMATOES
4 COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CHOWMEIN NOODLES	5 Chinese New Year THAI BEEF SALAD CITRUS CABBAGE SLAW*** PEARS WHOLE GRAIN ROLL	6 ROTINI AND TUNA PASTA SALAD BROCCOLI SALAD STRAWBERRY YOGURT WHOLE GRAIN ROLL	7 SPICY CHICKEN WRAP THREE BEAN SALAD CRUSHED PINEAPLLE	8 EGG SALAD ON MIXED GREENS GRAPE TOMATOES PEARS BROCCOLI SALAD WHOLE GRAIN ROLL
11 CHICKEN SALAD ON LEAF LETTUCE CANTELOPE SLICE ZUCCHINI SLAW CINNAMON APPLESAUCE WHOLE WHEAT CRACKERS	12 Lincoln's B-Day TURKEY TWIST PASTA SALAD PEARS MARINATED TOMATOES*** WHOLE GRAIN ROLL	13 CRAB SALAD ON GREENS WINTER BEAN SALAD PEACHES AND CREAM WHOLE GRAIN ROLL	14 Valentine's Day TURKEY AND SWISS WHEAT BUN AND LEAF LETTUCE CHERRY CHEESECAKE CREAMY MACARONI SALAD	15 VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS SALSA AND RANCH PACKETS
18 Presidents' Day ZESTY BEEF PASTA SALAD MARINATED CUCUMBERS MANDARIN ORANGES WHOLE GRAIN ROLL	19 HERBED CREAM CHEESE BROCCOLI AND CAULIFLOWER MANDARIN ORANGES BLACK EYED PEA SALAD*** WHOLE WHEAT BAGEL	20 HAM SALAD ON GREENS BROWN RICE AND PEA SALAD TROPICAL FRUIT WHOLE GRAIN ROLL	21 CHEF SALAD WITH TURKEY, EGGS AND TOMATOES COTTAGE CHEESE MANDARIN ORANGES CROUTONS	22 TUNA ROTINI PASTA BROCCOLI SALAD PINEAPPLE TIDBITS APPLE WALNUT SPICED MUFFIN
25 ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES	26 ISLAND CRAB PASTA SALAD COTTAGE CHEESE*** MANDARIN ORANGES WHOLE GRAIN ROLL	27 SPICY CHICKEN WRAP ON LAWASH BREAD THREE BEAN SALAD CRUSHED PINEAPPLE	28 CHICKEN CHEDDAR SALAD TROPICAL FRUIT COTTAGE CHEESE CROUTONS	



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.

