



February Meals on Wheels Hot Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL
4 CHICKEN POT PIE MAPLE GLAZED CARROTS APPLE CRUMB CAKE BUTTERMILK BISCUIT	5 Chinese New Year BBQ PULLED PORK POTATOES O'BRIEN CARROT CAKE WHEAT HAMBURGER BUN	6 BEEF CHILI WAX BEANS AND PEPPERS BANANA BREAD PUDDING CORNBREAD MUFFIN	7 BEEF TIPS AND GRAVY MASHED POTATOES GREEN BEANS AND CARROTS PEACHES AND CREAM WHOLE GRAIN ROLL	8 TUSCAN SHRIMP PASTA GREEN BEANS AND WAX BEANS BANANA CARAMEL CAKE WHOLE GRAIN ROLL
11 QUICHE LORRAINE WITH BACON POTATOES O'BRIEN PEACH CRISP FRUIT MUFFIN	12 Lincoln's B-Day MEATLOAF WITH GRAVY MASHED POTATOES CORN PUDDING STEWED TOMATOES WHOLE GRAIN ROLL	13 CHICKEN CORDON BLEU ROASTED POTOATOES WITH THYME WARM CHOCOLATE BROWNIE WHOLE GRAIN ROLL	14 Valentine's Day BEEF ENCHILADA BAKE CILANTRO RICE APPLE COBBLER WHOLE GRAIN ROLL	15 SMOTHERED PORKLOIN COLLARD GREENS WARM CINNAMON APPLES CORNBREAD MUFFIN
18 Presidents' Day CHICKEN AND RICE CASSEROLE SAUTEED CARROTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	19 HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL	20 COUNTRY FRIED CHICKEN MASHED POTATOES AND GRAVY SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	21 BEEF STROGANOFF SAUTEED SPINACH POACHED PEARS WHOLE GRAIN ROLL	22 BBQ CHICKEN THIGH COLLARD GREENS BANANA BREAD PUDDING BUTTERMILK BISCUIT
25 BEEF TIPS AND GRAVY MASHED POTATOES GREEN BEANS AND CARROTS PEACHES AND CREAM BUTTERMILK BISCUIT	26 HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP WHOLE GRAIN ROLL	27 SPAGETTI WITH MEATSAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL	28 PORK ROAST AND GRAVY MASHED POTATOES CORN, PEAS AND CARROTS RICE PUDDING 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.

