

February, 2018					
Meal Calendar					
<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	
			1 Baked Italian Beef and Rotini Green Beans White Roll Applesauce(hot) Orange Juice Milk	2 Turkey/Dressing w/Gravy Mixed Veges Toss Salad Mashed Potatoes Cranberry Sauce Milk	4
5 Beef Stroganoff Mashed Potatoes Spinach White Bread Applesauce Milk	6 BBQ Pork/Bun Carrots Peas Cole Slaw Pineapple Milk	7 Mac 'n Cheese Broccoli Lima Beans Orange Slices Strawberry Shortcake Milk	8 Pesto Chicken Couscous Zucchini/Squash Cauliflower Wheat Roll Peaches Milk	9 Turkey w/Wild Rice Green Beans Corn Tropical Fruit Vanilla pudding Milk	1
12 Hawaiian Chicken Vegetable Blend Green Beans Yellow Rice Wheat Bread Gingerbread Cookie Milk	13 Beef/Spinach LoMein Vegetable Blend Peas & Onions Tropical Fruit Grape Juice Milk	14 Vegetarian Bean Chili/Rice Green Peas Cauliflower Corn Muffin Cheesecake Pudding Milk	15 Chicken Noodle Casserole Zucchini/Squash Spinach Stewed Apples Blueberry Muffin Cranberry Juice Milk	16 Turkey/Dressing w/gravy Green Beans Mashed Potatoes Cranberry Sauce Apple Juice Milk	2
19 Baked Chix w/ Sage Gravy Mixed Veges Scalloped Pots. Cranberry Bread Peaches Milk	20 Sloppy Joe Bun Mixed Veges. Succotash Cheesecake Pudding Fruit Cocktail Milk	21 Mac'n Cheese Peas and Onions carrots Blueberry Muffin Jello with Fruit Milk	22 Pot Roast w/Veggies Potatoes Green Beans Cornbread Hot Fruit Salad Milk	23 Veg. Lasagna Vegetable Blend Lima Beans Pears Cranberry Juice Milk	3
26 Chicken Marsala Fiesta Corn Carrots Mandarin Oranges Wheat Bread Vanilla Wafers Milk	27 Hamburger Steak Rice and gravy Broccoli /Cheese Succotash Fruit Cup Grape Juice Milk	28 Mediterranean Pork & Orzo Cauliflower Peas Tropical Fruit Cranberry Juice Milk	1 Baked Italian Beef and Rotini Green Beans White Roll Applesauce(hot) Orange Juice Milk	2 Turkey/Dressing w/Gravy Mixed Veges Toss Salad Mashed Potatoes Cranberry Sauce Milk	4

Meals On Wheels

(828) 692-6693