



MEALS ON WHEELS

February 2026



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 2 Meatloaf Dairy Free Mashed Potatoes Beef Gravy Tuscan Vegetable Blend Dessert | 3 Fish Taco Bowl Cuban Beans and Rice Pineapple Salsa Corn Dessert <i>Alt: Chicken Taco Bowl</i> | 4 Sweet & Sour Chicken Brown Rice Broccoli Fruit Cup | 5 Potato Soup w/ Ham Dinner Roll Butter Cinnamon Applesauce <i>Alt: Potato Soup</i> | 6 Mediterranean Veggie Pasta Salad *COLD* Whole Wheat Pasta, Chickpeas, Roasted Vegetables, Italian Dressing, Feta Cheese Dessert |
| 9 Breakfast Sandwich on English Muffin Turkey Sausage Egg Patty Provolone Cheese Breakfast Hash Banana | 10 Mustard Herb Roasted Fish Wild Rice Pilaf Corn Dessert <i>Alt: Mustard Herb Chicken</i> | 11 Macaroni and Cheese Whole Wheat Elbow Noodles Italian Vegetable Blend Dessert | 12 Three Cheese Turkey Pasta Whole Wheat Pasta Capri Vegetable Blend Peach Cup | 13 Beef Cabbage Roll Bowl White Rice Peas & Carrots Applesauce Dessert |
| 16 Roast Turkey Dinner Whole Wheat Stuffing Gravy Glazed Carrots Dessert | 17 Tuna Noodle Casserole Whole Wheat Egg Noodles Scandinavian Blend Dessert <i>Alt: Chicken Noodle Casserole</i> | 18 Chicken Stew w/ Spaetzle Cornbread Muffin Mixed Fruit Cup | 19 Salisbury Steak Whole Wheat Egg Noodles Mushroom Gravy Tuscan Vegetable Blend Apple Slices | 20 Beef Lasagna Country Vegetable Blend Pear Cup |
| 23 Baked Fish w/ Spinach Cream Sauce Whole Wheat Pasta Broccoli Fresh Pear Dessert <i>Alt: Baked Chicken w/ Spinach Cream Sauce</i> | 24 Beef and Barley Stew Dinner Roll Butter Cinnamon Applesauce | 25 Chicken Wild Rice Hotdish Corn Mandarin Orange Cup | 26 Chicken Salad Kit *COLD* Spring Mix 3 Bean Salad Roasted Sweet Potatoes Dessert | 27 Chickpea Shakshuka Orzo Pasta Feta Cheese Italian Vegetable Blend Dessert |

We do our best to accommodate choices however meal substitutions may be necessary based on availability. To contact Meals on Wheels call 651-318-9091. Beverage choice of milk or juice is served with every meal. Call to order weekend meals.

Monthly choice meals are:

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| 1) Roast Turkey Dinner | 3) Macaroni and Cheese |
| 2) Beef Chili | 4) Fish Taco Bowl |

* For Roseville Area residents, see Roseville Meals on Wheels Menu at: <https://communityed.isd623.org/adults/meals-on-wheels>