



# MEALS ON WHEELS

## February 2026



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

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:

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

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