



MEALS ON WHEELS

February 2024



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| | | | 1 | 2 |
| | | | <u>GINGER SOY FISH</u> Brown Rice Asian Vegetable Blend Dessert Alt: Ginger Soy Chicken | <u>CHEESY BROCCOLI & HAM CASSEROLE</u> Corn Pineapple Cup Alt: Cheesy Broccoli & Chicken Casserole |
| 5 | 6 | 7 | 8 | 9 |
| <u>ROSEMARY CHICKEN</u> Herb Lemon Brown Rice Roasted Potatoes Diced Beets Fruit Cup | <u>GARLIC SALMON BOWL</u> Brown Rice Edamame Dessert Alt: Garlic Chicken Bowl | <u>THREE CHEESE PASTA W/ TURKEY</u> Whole Wheat Penne Pasta Vegetable Medley Dessert | <u>BEEF TIPS IN GRAVY</u> Whole Wheat Egg Noodles Peas and Carrots Fruit Cup Dessert | <u>BAKED HAM W/ MUSTARD APPLE GLAZE</u> Mashed Potatoes Green Beans Dinner Roll with Butter Peach Cup Alt: Baked Chicken with Mustard Apple Glaze |
| 12 | 13 | 14 | 15 | 16 |
| <u>POT ROAST W/ GRAVY</u> Mashed Potatoes Vegetable Medley Dinner Roll w/ Butter Applesauce Cup | <u>TUNA CASSEROLE</u> Whole Wheat Egg Noodles Vegetable Medley Dessert Alt: Chicken Casserole | <u>BEEF STROGANOFF</u> Whole Wheat Egg Noodles Peas Pear Cup | <u>CHICKEN ENCHILADA BAKE</u> Spanish Rice Corn Dessert | <u>MACARONI & CHEESE</u> Peas Fruit Cup Dessert |
| 19 | 20 | 21 | 22 | 23 |
| <u>CHCKEN & WILD RICE SOUP</u> Green Beans Dinner Roll w/ Butter Fruit Cup Dessert | <u>SPAGHETTI W/ MEAT SAUCE</u> California Vegetable Medley Dessert Peach Cup | <u>PARMESAN CRUSTED FISH</u> Barley Risotto Italian Vegetable Blend Dessert Alt: Parmesan Chicken | <u>CHICKEN ALFREDO</u> Whole Wheat Pasta Vegetable Medley Fruit Cup | <u>SALISBURY STEAK</u> Whole Wheat Egg Noodles Mushroom Gravy Green Beans Dessert Applesauce Cup |
| 26 | 27 | 28 | 29 | |
| <u>ROAST TURKEY DINNER</u> Stuffing Gravy Green Beans Dessert | <u>SESAME PORK</u> Whole Wheat Spaghetti Asian Vegetable Medley Fruit Cup Dessert Alt: Sesame Chicken | <u>BEEF LASAGNA</u> Peas Fruit Cup | <u>BEEF MEATLOAF</u> Mashed Potatoes Green Beans Fruit Cup | |

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) Chicken and Wild Rice Soup | 3) Vegetable Egg Bake |
| 2) Beef Meatloaf | 4) Ginger Soy Fish |

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