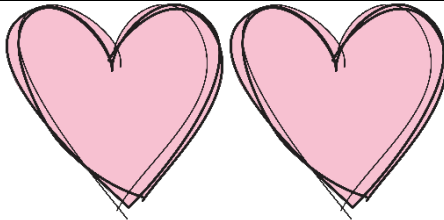


Meals on Wheels Menu – FEBRUARY 2024

For Changes / Questions Contact: Doug at 651-653-3123 MealsonWheels@isd624.org

MONDAY	TUESDAY	WEDENSDAY	THURSDAY	FRIDAY	SAT	SUN
			1	2	3	4
All meals have the choice of 1% Milk or a juice variety			Ginger Soy Fish brown rice, Asian veggie blend, dessert ALT: Ginger Soy Chicken	Cheesy Broccoli & Ham Casserole corn, pineapple cup ALT: Cheesy Broccoli & Chicken Casserole	Spaghetti w/ Meat Sauce Delivered: Thu, 2/1	Roast Turkey Delivered: Thu, 2/1
5	6	7	8	9	10	11
Rosemary Chicken herb lemon brown rice, roasted potatoes, diced beets, fruit cup	Garlic Salmon Bowl brown rice, edamame, dessert ALT: Garlic Chicken Bowl	Three Cheese Pasta w/ Turkey whole wheat penne pasta, veggie medley, dessert	Beef Tips in Gravy whole wheat egg noodles, peas & carrots, fruit cup, dessert	Ham w/Mustard Apple Glaze roll, mashed potatoes, green beans, fruit cup ALT: Chicken w/ Apple Glaze	Meatloaf Delivered: Thu, 2/8	Sesame Pork Delivered: Thu, 2/8
12	13	14	15	16	17	18
Pot Roast w/ Gravy mashed potatoes, veggie medley, dinner roll, applesauce	Tuna Casserole whole wheat egg noodles, veggie medley, dessert ALT: Chicken Casserole	Beef Stroganoff whole wheat egg noodles, peas, pear cup	Chicken Enchilada Bake Spanish rice, corn, dessert	Macaroni & Cheese peas, fruit cup, dessert	Lasagna Delivered: Thu, 2/15	Baked Ham Delivered: Thu, 2/15
19 CLOSED!!	20	21	22	23	24	25
Chicken & Wild Rice Soup green beans, dinner roll, fruit cup, dessert Delivered: Fri, 2/16	Spaghetti w/ Meat Sauce California veggies, dessert, peach cup	Parmesan Crusted Fish barley risotto, Italian veggies, dessert ALT: Parmesan Chicken	Chicken Alfredo whole wheat pasta, veggie medley, fruit cup	Salisbury Steak whole wheat egg noodles, mushroom gravy, green beans, dessert, applesauce	Rosemary Chicken Delivered: Thu, 2/22	Pot Roast Delivered: Thu, 2/22
26	27	28	29			
Roast Turkey Dinner stuffing, gravy, green beans & dessert	Sesame Pork whole wheat spaghetti, Asian veggies, fruit cup, dessert ALT: Sesame Chicken	Beef Lasagna peas, fruit cup	Beef Meatloaf mashed potatoes, green beans, fruit cup			

FEBRUARY CHOICE MEALS: 1. Chicken and Wild Rice Soup 2. Beef Meatloaf 3. Vegetable Egg Bake 4. Ginger Soy Fish