

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><u>2/1/18</u>                      Beef with Broccoli                      Brown Rice                      Oriental Vegetables                      Whole Grain Bread                      Fresh Apple Slices                      Calcium Fortified OJ                      Margarine</p>	<p><u>2/2/18</u>                      Turkey Noodle Bake                      Orange Spiced Carrots                      Collard Greens                      Whole Grain Bread                      Tropical Fruit Salad                      Milk                      Margarine</p>
<p><u>2/5/18</u>                      Tilapia Almondine                      Baked Sweet Potatoes &amp; Apples                      California Vegetables                      Dinner Roll                      Pears Halves                      Milk                      Margarine</p>	<p><u>2/6/18</u>                      Hamburger on Whole Grain Bun                      Baked Hash Browns                      Lettuce &amp; Tomato Slice                      Warm Apple Slices                      Calcium Fortified OJ                      Ketchup</p>	<p><u>2/7/18</u>  <u>Turkey Sandwich</u>                      Turkey and Swiss                      Cheese On Bun                      Lettuce &amp; Tomato Slice                      Confetti Coleslaw                      Fresh Orange Half                      Milk                      Mayonnaise</p>	<p><u>2/8/18</u>                      Chicken Marsala                      Sour Cream and Chives                      Mashed Potatoes                      Italian Vegetables                      Whole Grain Bread                      Fresh Seasonal Fruit                      Calcium Fortified OJ                      Margarine</p>	<p><u>2/9/18</u>                      Creamy Beef Pasta                      Butternut Squash                      Italian Green Beans                      Pineapple and Oranges                      Cornbread                      Milk                      Margarine</p>
<p><u>2/12/18</u>                      Blackberry Dijon                      Chicken Breast                      Baked Potato w/ Sour Cream                      Green Beans &amp; Mushrooms                      Whole Grain Bread                      Tropical Fruit Salad                      Milk                      Margarine</p>	<p><u>2/13/18</u>                      Pot Roast                      Risotto with Peas and Mushrooms                      Wax Beans                      Whole Grain Bread                      Sliced Peaches                      Calcium Fortified OJ                      Margarine</p>	<p><u>2/14/18</u>                      Tuna Mac Salad                      Three Bean Salad                      Garden Romaine Salad With Ranch Dressing                      Saltines                      Fresh Seasonal Fruit                      Milk</p>	<p><u>2/15/18</u>                      Egg Frittata                      Buttered Grits                      Spinach                      WW English Muffin                      Pineapple                      Calcium Fortified OJ</p>	<p><u>2/16/18</u>                      Fettuccine Alfredo with Chicken and Broccoli                      Yellow Squash with Onion                      Whole Grain Bread                      Warm Fruit Compote                      Milk                      Margarine</p>
<p><u>2/19/18</u>  </p>	<p><u>2/20/18</u>  <u>Fish Sandwich</u>                      Breaded Fish on Whole Grain Bun                      Oven Roasted Potatoes                      Lettuce &amp; Tomato Slice                      Fruit Cobbler                      Calcium Fortified OJ                      Tartar Sauce</p>	<p><u>2/21/18</u>                      Chicken Salad                      Fresh Spinach and Tomato Salad                      Broccoli Slaw                      Pita Bread                      Fresh Seasonal Fruit                      Milk                      Italian Dressing</p>	<p><u>2/22/18</u>                      Beef Stew                      Brown Rice                      Sugar Snap Peas                      Tossed Salad with Tomato                      Tropical Fruit Salad                      Calcium Fortified OJ                      Italian Dressing</p>	<p><u>2/23/18</u>                      Fettuccine with Spaghetti Meat Sauce                      Summer Squash                      Garden Romaine Salad                      Hot Apples and Raisins                      Milk                      Ranch Dressing</p>
<p><u>2/26/18</u>  <u>Soft Chicken Taco</u>                      Pulled Seasoned Chicken                      Corn &amp; Black Bean Fiesta                      Broccoli                      Flour Tortilla                      Fresh Banana                      Calcium Fortified OJ</p>	<p><u>2/27/18</u>                      Meatloaf                      Cheesy Mashed Potatoes                      Turnip Greens                      Whole Grain Bread                      Plum Halves                      Calcium Fortified OJ                      Margarine</p>	<p><u>2/28/18</u>                      Chicken Thigh                      BBQ Sauce                      Macaroni and Cheese                      Brussel Sprouts                      Fresh Seasonal Fruit                      Milk                      Margarine</p>	<p><b>We care about you!</b></p> <p><b>Call 807-1257</b></p> <p><b>To suspend or resume services</b></p>	

Meals on Wheels meals may contain one or more of the following common allergens: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts. Wheat or Soybeans.