

Meals on Wheels • DINNER MENU



FEBRUARY 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| 1 Tuna Salad 9 Petite Pain Roll 25 Fruited Gelatin 28 Apple 22 | 2 Cottage Cheese & Fruit Plate 37 Peas & Peanut Salad 16 Vanishing Oatmeal Cookie 23 Crackers 10 | 3 Almond Lemon Chicken 5 Marinated Carrots 9 Burst O Berries 11 Fresh Pear 23 Flat Bread 24 | 4 Chicken & Bean Salad 21 Cucumber & Carrot Salad 12 Banana 27 Naan Bread 20 | 5 Turkey & Provolone 3 Hamburger Bun 25 Lettuce & Tomato 7 Sliced Apples 14 Pistachio Fluff 32 |
| 8 Egg Tossed Salad 11 FF French Dressing Red Beans & Pasta Salad 23 Blueberry Parfait 35 Pumpnickel Bread 14 | 9 Ham & Cheese 3 Sub Bun 28 Lettuce, Tomato & Onion 8 Marinated Carrots 9 Canned Prunes 23 Ultimate Cookie 21 | 10 Chicken Pasta Salad 26 Peas & Peanut Salad 10 Fruit Cocktail 16 Savory Garlic Bread 14 Snickerdoodle Cookie 18 | 11 Crispy Oven Chicken 9 Hamburger Bun 25 Broccoli Citrus Salad 14 Three Bean Salad 15 Pears 14 | 12 Tuna Pasta Salad 27 Tomato Salad 4 Banana 27 Chocolate Chip Cookie 22 |
| 15 Chicken Waldorf Salad 9 Carrot & Celery Sticks 3 Apple 22 Strawberries 24 Cranberry Walnut Bread 31 | 16 Turkey & Provolone 2 Sub Bun 28 Creamy Bacon Dressing 1 Lettuce & Tomato 7 Marinated Carrots 9 Pineapple & Maraschino Cherries 26 | 17 Simple Egg Salad 5 Hamburger Bun 25 Cukes 'n Vinegar 8 Pickled Beets 8 Apricots 17 Ultimate Cookie 21 | 18 Meatloaf 14 Veggie Bread 27 Broccoli Raisin Salad 11 Pear 23 Mustard | 19 Chicken Caesar Salad 11 Caesar Dressing 1 Confetti Bean Salad 16 Banana 27 French Bread Roll 19 |
| 22 Cott. Cheese & Veggie Plate 10 Marinated Carrots 9 Fruit Cocktail 16 Streusel Peach Muffin 41 Crackers 10 | 23 Taco Salad 5 Taco Chips 17 Salsa 7 Peaches 21 Ultimate Cookie 21 | 24 Pork <1 / Mustard Savory Garlic Bread 28 Lettuce, Tomato & Onion 8 Navy Bean Salad 17 Sliced Apples 14 Pineapple Delight 15 | 25 Chef Salad 13 French Dressing Banana 27 Clementine 9 Double Chocolate Chip Muffin 33 | 26 Tuna Pasta Salad 27 Marinated California Blend 6 Grapes 8 Petite Pain Roll 25 |

Menus subject to change without notice. HDM Hotline: Call 633-3789 for changes in delivery by 9 am

Reservations are required. Please call. Numbers after each menu item indicate the number of carbohydrates in grams for that item.

Milk (13) is served at each meal.